The pride of North Carolina's electric cooperatives

Volume 37, No. 5, May 2005

Carolina country

Safety Lessons for all ages

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Your Touchstone Energy® Cooperatives

Test your electric safety IQ—page 12

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Volume 37, No. 5, May 2005

features

10 LOANS AND GRANTS
The U.S. Dept. of Agriculture offers loans and grants to low-income and moderate-income households in need of housing improvements.

12 WHAT DOES THAT THIRD PRONG DO?
Test your electric safety IQ with our 2005 quiz.

14 SAFETY LESSONS
Safety lessons you learned the hard way.

18 THE POWER OF HUMAN CONNECTIONS
Bringing power, health care and hope to Guatemala.

27 YOU'RE FROM CAROLINA COUNTRY IF . . .
Your grandma thinks turning on the TV too fast will run up her light bill. Round 12.

On the Cover
Nicholas Lathe McDuffie, 5, looks up to his dad, Jeffery, in more ways than one. His dad is a journeyman lineman for Randolph EMC. He also looks up to his grandfather, Bob McDuffie, who is general manager of Edgecombe-Martin County EMC. Lathe lives in Asheboro with his sisters, Jordan who is 7, Reilly who is 2, and Caiden who is nearly 1. His mother, Susan, took the photo.

Introducing "Switch, the Power Dog." He gets there at the speed of light. See page 9. (Illustration by Donnaree)

departments

FIRST PERSON 4
How safe can you get? Plus: Help save our military bases.

MORE POWER TO YOU 8
Touchstone Energy co-ops support American Indian businesses.

CAROLINA COUNTRY STORE 29
With a North Carolina touch.

MARKETPLACE 31–34
A showcase of goods and services.

JOYNER'S CORNER 33
Those highly-paid basketball players.

CAROLINA COMPASS 35
May events and exhibits.

CAROLINA GARDENS 38
Gardening for birds and butterflies. Plus: electric lawn care.

CLASSIFIED ADS 40
New this month: remote-control outdoor cargo lifts.

ENERGY CENTS 41
Water heater warranties.

CAROLINA KITCHEN 42
Super Strawberry Shortcake, Strawberry Cheesecake Torte, Strawberry Satin Pie.

How safe can you get?

Michael E.C. Gery, editor

You've heard us say this many times: Your cooperative's mission is to deliver reliable, affordable, safe electric power. That mission drives everything we do every day.

In May we traditionally focus on the safety part. Maybe that's because May typically is when we look forward to getting out of school, getting outside and enjoying the world around us. I remember one May afternoon not long ago when I was about 9 and playing outside with my brother. The neighboring farmer had recently run an electric fence along a pasture where he kept heifers. I checked out that fence personally and learned fast what it feels like when you think your arm is being ripped out of its socket.

During Electric Safety Month, cooperatives make a special effort to inform you about the safe way to enjoy electric power: how to keep your home safe, how to treat electric fences, how to respond during power outages, how to respect the poles, power lines and substations that bring power to you.

Electricity is powerful stuff. Current moves at about 186,000 miles per second—you can't see it coming—and if it strikes, it does a lot of damage. Electrical problems are the third largest cause of house fires in the U.S., killing about 500 people and injuring about 5,000 every year. The U.S. Consumer Product Safety Commission reported most recently that in 2001 there were 411 deaths by electrocution caused by electric appliances and power tools, ladders contacting overhead power lines, and faulty lighting or wiring.

Here in our offices, like at every co-op office in the state, we see a safety message every time we turn a corner. We have monthly meetings on safety issues, covering such topics as driving, recognizing hazards, handling power tools, using computers, surviving storms. All new employees during their first week of work learn the locations and use of the fire extinguishers, First Aid kits, hazardous materials references, emergency and accident-reporting procedures.

Cooperative linemen go through an extensive training program that teaches safe work practices every step of the way. The training program must meet the standards of the N.C. Department of Labor and the National Electrical Safety Code. The purpose is to ensure that linemen have a thorough knowledge of the principles of electrical distribution systems and all safety practices needed to work on them. The process includes 8,000 hours of documented, on-the-job training taught by linemen who already have completed training, plus 576 hours of related instruction at a specially-equipped outdoor site at Nash Community College in Rocky Mount.

When North Carolina rural residents first formed electric cooperatives in the 1930s and 1940s, the first thing the co-ops did as a group was to set up a safety program and hire a safety specialist who would work for all of them. Today, your cooperative participates in a safety accreditation program that is one of the most rigorous programs in the nation. To begin with, each co-op has a designated safety coordinator. The entire facility and all equipment from insulators to trucks must meet national standards set by co-ops collectively across the U.S. Your state association—the North Carolina Association of Electric Cooperatives—has a staff of four safety specialists who each day work with and train co-op staff to ensure that everything they do meets these standards. I've seen them on inspections, and they look at everything: signs, storage shelves, doorways, lavatories, garage doors, vehicles, tools, uniforms, personal protective gear, yards, fences, pole construction, overhead power lines, underground lines, substations. Everything must meet safety standards. The inspector goes to job sites, observes crews at work, takes notes, gives advice. The full safety accreditation program involves a preliminary inspection; full documentation that a co-op's facilities, operating equipment and protective equipment comply with the standards; a follow-up inspection by trained national inspectors; and regular maintenance of safe practices. The managers of your co-op take these inspections very seriously, expect to pass them successfully, and are proud of earning official accreditation for meeting the standards.

Take some time this month to conduct a thorough safety inspection of your own place. Then make it a regular practice to keep an eye out for potential electrical safety hazards, especially if there are young children around. Contact your Touchstone Energy cooperative for information about electrical safety. There's no such thing as too much safety information. Do you know when you should replace your household wiring? Do you know why plugs have three prongs? For answers to these and other electrical safety questions, try our quiz on pages 12–13.

Save our military bases

North Carolina and our electric cooperatives have a long history of support for our military bases. We are honored that so many brave men and women from North Carolina's bases as well as National Guard and reserve units are serving our nation.

The Defense Department is currently evaluating America's military bases. On May 16, the Secretary of Defense will submit his list of base closures and realignments to Congress. The Base Realignment and Closure Commission will submit its report or recommendations to the President in September. Now is the best time to reinforce the importance of North Carolina's bases by contacting your representative in the U.S. House and our U.S. Senators.

1. Our bases are vital to North Carolina's economy and have an $18.1 billion impact.
2. Our military bases generate over 340,000 civilian jobs, impacting 77 of our 100 counties, all of which include electric cooperative service areas.
3. Our bases are a model of joint training with extensive land, sea and air training. Their locations make them important strategic assets to U.S. defense.
4. North Carolina is proud to be the most military-friendly state in the country and we are proud to support our troops and their families. We stand with them and we're proud they call North Carolina home.

Bev Perdue
Lieutenant Governor State of North Carolina
Governor's coordinator for Military Affairs/ Base Realignment and Closure

To contact your Representative: www.House.gov or (202) 224-3121.

To contact a U.S. Senator: www.Senate.gov or Richard Burr: 217 Russell Senate Office Building, Washington, DC 20510. Phone: (202) 224-3154.
Elizabeth Dole: 555 Dirksen Senate Office Building, Washington, DC 20510. Phone: (202) 224-6342.

"Experience Carolina Country": Corrections

The following corrections have been reported to us since we published the "Experience Carolina Country" guide in April:

- The correct phone number for the Reynolda House Museum of American Art in Winson-Salem is (888) 663-1149.
- The Roanoke Canal Trail in Halifax County follows the canal bed from Roanoke Rapids Dam to Weldon.
- West Point on the Eno is a Durham city park composed of 388 acres along two miles of the Eno River just north of Durham (919) 471-1623 or www.enoriver.org, while Eno River State Park is a 2,600-acre state park (919) 383-1686.
- The ferry service to Hammocks Beach State Park is a seasonal, fee-based service.
- The Web site for Scotland Neck is www.townofscotlandneck.com

Grassroots memorials

Ruth Soloman of Lexington, a member of EnergyUnited, sent us these photos of Joshua Craver of Advance. Joshua was working at Fullerton Church to earn his Eagle Scout award. The project involved resetting sunken tombstones in the church graveyard. When they dug up some of the stones, they noticed that the roots of the grass had grown into the shape of some of the lettering on the tombstones.

Jack O'Lanterns

I'm writing in reference to the "mushroom bouquet" shown by Bob and Trish Randall of Hillsborough in the March issue ["Plants From Another Planet"]. I thought they and other readers would be interested to know that the group of mushrooms are commonly known as "Jack O'Lanterns." They are not edible (poisonous), but they are fun to observe. You can cut them, put them in a very dark room, and they glow.

Sandy Sherlin
Nebo

Showing respect in Kernersville

Regarding the article and photo "Showing Respect" [March 2005], I'm proud to say that the town of Kernersville (home of Korner's Folly) has that show of respect extended to its citizens also. Our chief of police, Chief Stockton, has stopped traffic for funeral processions for many years. As our town continues to grow, it's good to hold on to some of the older traditions. Another plus for our state.

Pat Swisher
Kernersville

Southern Railway Ladies Club

I have been looking for a cookbook published by the Southern Railway Ladies Club. I'd like to hear from anyone who knows about it.

Jo Lynn Coble
4012 Random Woods Rd.
Liberty, NC 27298

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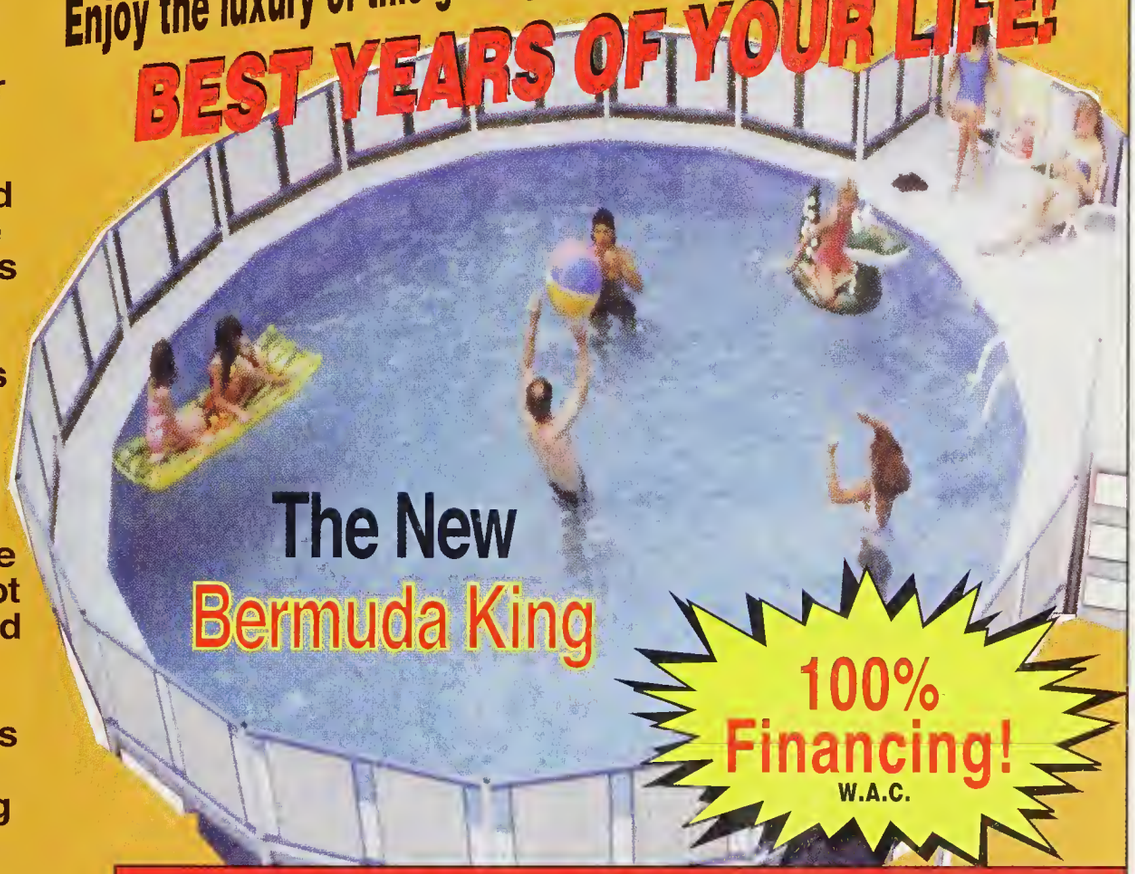

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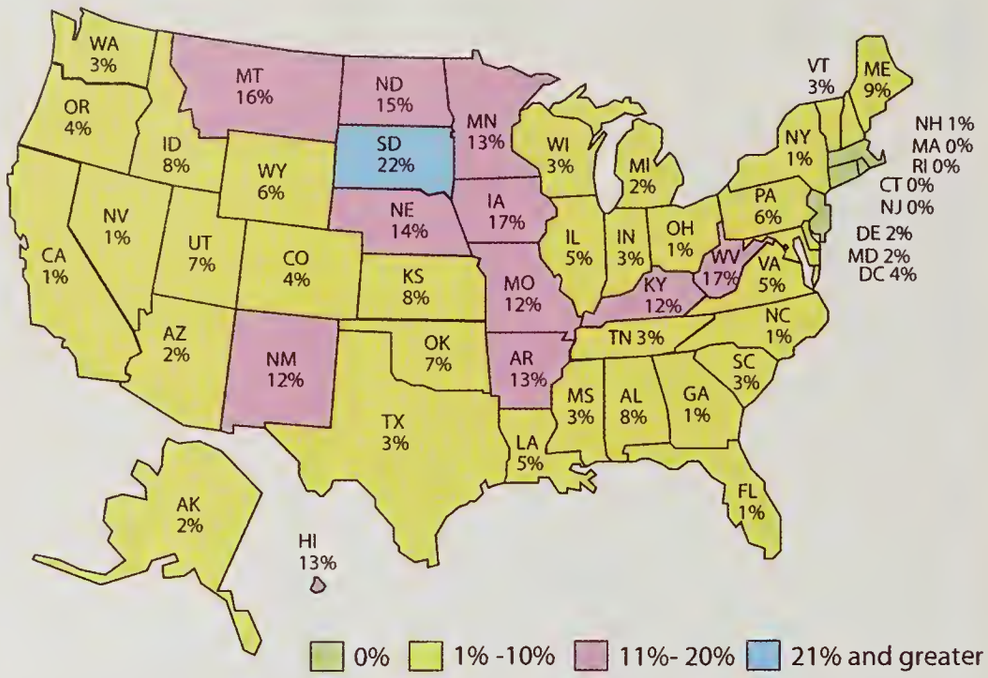


Source: FCC, High-Speed Services for Internet Access: Status as of June 30, 2004

This map shows the percentage of ZIP codes lacking high-speed Internet access (over 200 kilobits per second in at least one direction) in each state. All ZIP codes in Massachusetts, Rhode Island, Connecticut and New Jersey are served by at least one high-speed Internet provider.

High-speed Internet connections increase, but some rural areas still don't have it

As of mid-2004, about 32 million U.S. households and businesses subscribed to high-speed Internet lines, according to the Federal Communications Commission's (FCC) recently released twice yearly report of broadband growth. The numbers represent a 15 percent increase over total high-speed homes as of the end of 2003. "High-speed" service is Internet access to the home exceeding 200 kbps (kilobits per second).

The report also revealed that 6 percent of U.S. ZIP code areas do not have a single high-speed or broadband Internet provider, a drop from 7 percent in the previous survey. Another 14 percent of ZIP code areas only had one broadband provider, a drop from 15 percent. States showing the least broadband penetration include South Dakota (22 percent of ZIP code areas unserved; 30 percent with one provider); West Virginia (17 percent unserved, 33 percent with one provider); Montana (16 percent unserved, 38 percent with one provider); Iowa (17 percent unserved, 24 percent with one provider), and North Dakota (15 percent unserved, 53 percent with one provider) (see map). Those penetration rates represent slight improvements from the previous.

Electric co-ops are doing their part to make broadband more available to rural America. The National Rural Telecommunications Cooperative (NRTC) has launched WildBlue, a high-speed Internet service delivered via satellite, which will provide a solution for U.S. homes that wouldn't have access to high-speed Internet service otherwise. WildBlue service does not require infrastructure and is accessible to virtually every home and small business in the continental United States.

Among the co-ops to offer WildBlue service are Halifax EMC through its subsidiary Halifax Resources & Services of Enfield (252-445-4411 or 800-775-0068) and Wake EMC through its subsidiary Triangle Services Group (919-863-6350 or 877-908-6824 or www.wildbluenc.net).

New system rates efficiency of washing machines

The U.S. Department of Energy changed its ratings for washing machines in 2004. The Energy Factor (EF) is the old rating and describes how many cubic feet of clothes can be washed per kilowatt-hour of electricity consumed. The Modified Energy Factor (MEF) is the new rating that describes not only how many cubic feet of clothes can be washed, but also how many kilowatt-hours of electricity are needed to dry those clothes. For this reason the MEF gives higher ratings to washers that spin clothes drier than for washers that leave more water in the clothes.

The most efficient new clothes washers currently have an MEF in the range of 1.7 to 2.2. In 2003, washers that earned the Energy Star qualification were required to have an MEF of 1.26. In 2005 they'll need an MEF of 1.42. Whenever you shop for a new appliance, look for the Energy Star label to get these best ratings.

The efficiency of clothes washers—in both water and energy use—has increased by a factor of five during the past 20 years. The best new horizontal-axis clothes washers use far less energy and water than older vertical axis machines, saving 50–75 percent of both energy and water. They do this by washing in less water, and rotating faster on the spin cycle. The horizontal-axis washers may cost more, but will often repay this initial investment in seven years or less through energy savings, according to John Krigger, author of energy efficiency books, including "Residential Energy: Cost Savings and Comfort for Existing Buildings" (www.srmi.biz).

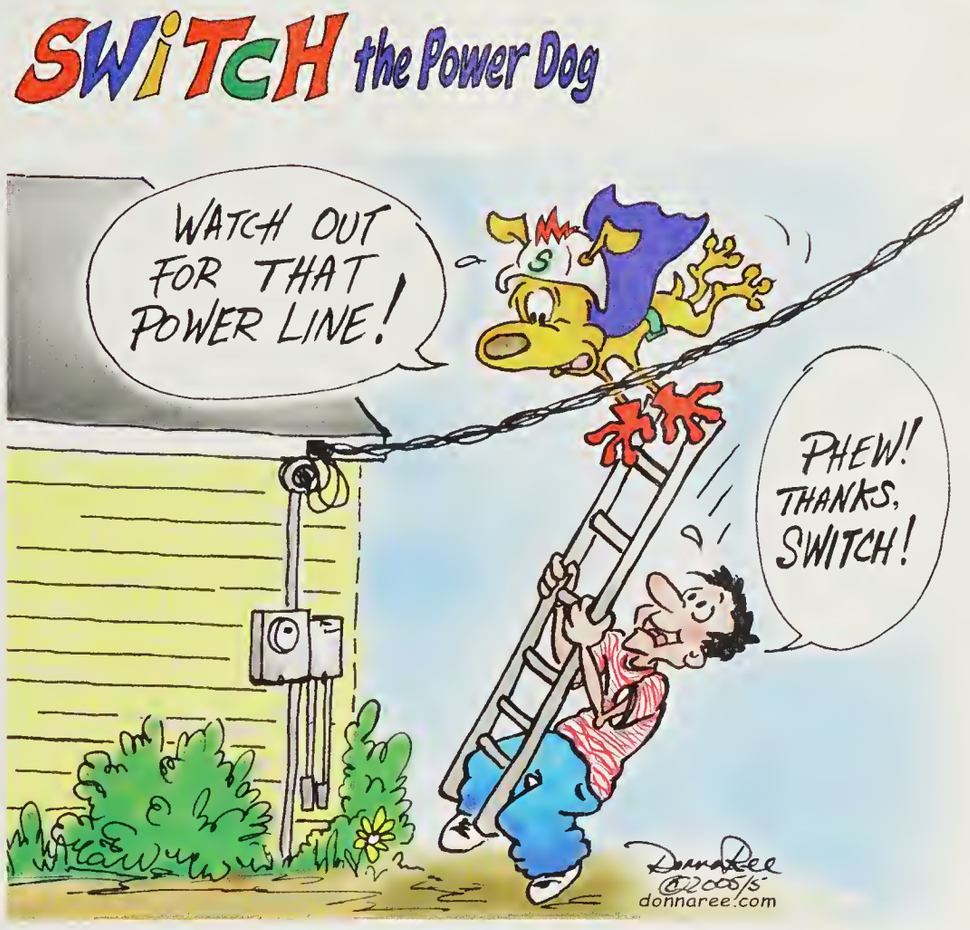
Most of the energy used by the American clothes washer is consumed by the water heater. Clothes washers often perform as well with cold water as with warm or hot water, Krigger says, especially with lightly soiled clothes.

Touchstone Energy supports American Indian businesses

North Carolina's Touchstone Energy cooperatives will sponsor the 2005 American Indian Business Summit and Exposition this summer. The exposition is part of the N.C. Indian Economic Development Initiative. This organization serves to promote economic development in North Carolina's rural tribal communities.

The exposition will be a two-day event with a focus on networking and marketing. There are more than 7,000 Indian-owned businesses in North Carolina, and NCIEDI is hoping to attract 500 to its event.

Touchstone Energy's $1,000 contribution will support Native American-owned businesses and those seeking to start their own business. Touchstone Energy banners will be on display during the expo and they will provide consumers with the opportunity to become acquainted with the cooperative message.



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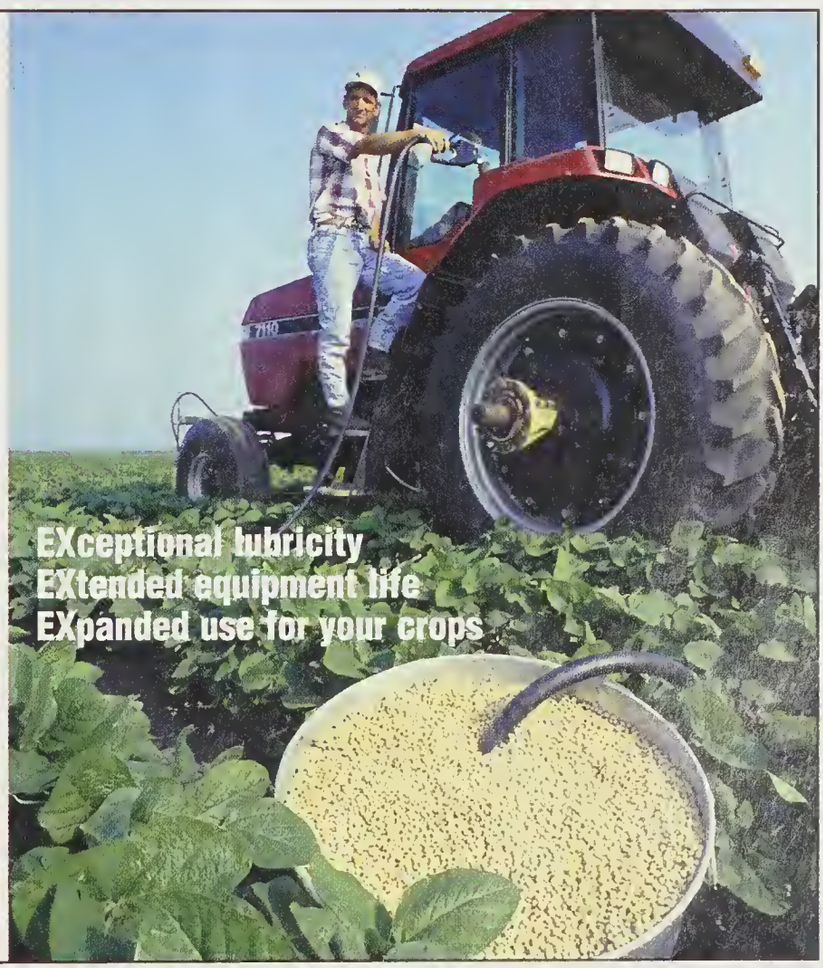

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You may be eligible for a loan or grant to buy or repair your home

Two federal loan and grant programs are available this year to low-income and moderate-income people and the elderly in rural North Carolina who are in need of home repair or help in purchasing a home. Some of these U.S. Department of Agriculture programs are especially targeted this year toward those facing repair costs from the hurricanes and tropical storms that battered North Carolina in 2004. The Rural Development section of the USDA administers the programs.

For income level limits in your area, contact your local USDA office. They are located in:

Waynesville: (828) 452-0319
Jefferson: (336) 246-2885
Lumberton: (910) 739-3349
Albemarle: (704) 982-5114
Henderson: (252) 438-3141
Williamston: (252) 792-7197
Garner: (919) 779-7164
Kinston: (252) 526-9799

Home Repair Loans and Grants (Section 504)

The Section 504 program is for very-low-income families who own homes in need of repair, improvement or modernization. The needed repairs must be made to make the home safe, sanitary and healthy. The program also provides funds to make a home accessible for someone with disabilities. According to the USDA, the money can be used to repair a roof, replace a wood stove with central heating, construct a ramp for wheelchair use or even replace an outhouse and pump with running water and a bathroom.

Homeowners age 62 and older may be eligible for home improvement direct grants of up to $7,500. Other low-income persons can receive loans of up to $20,000 at a 1 percent interest rate.

Home repair loans and grants – Section 504

- These low-interest home improvement loans and grants are intended for very low-income individuals (50 percent or less of county median income) and homeowners age 62 and older.
- Funds can be used for making basic repairs, installing essential features, or to remove health and safety hazards.
- Loan applicants must be rural residents or living in a town with a population of 10,000 or less, or in certain conditions, a town of 20,000 or less that is not contained in a Metropolitan Statistical Area (MSA).
- Funding is based upon an annual appropriation. The maximum loan limit at one time is $20,000. The lifetime grant maximum is $7,500.
- Interest rate is 1 percent A.P.R. on loans.
- Up to 20-year repayment terms.
- A mortgage is taken as collateral when the loan is $7,500 or more.
- No fees.
- Reasonable credit history required.

Home-buying and Repair Loan Programs (Section 502)

Section 502 loans help low-income families in rural communities build, repair, renovate or relocate a home, as well as purchase and prepare home sites. The USDA has been allocated approximately $30 million for 2005 in Section 502 loans. Qualified applicants are eligible for up to $130,000, depending on county of residence. The USDA offers two Section 502 programs for low-to-moderate income families:

Direct single-family housing and repair loans - Section 502

- These loans are designed for low- to very-low-income families (80 percent or less of county median income) who wish to buy, build, improve or repair rural homes.
- Loan applicants must be rural residents or living in a town with a population of 10,000 or less, or in certain conditions, a town of 20,000 or less that is not contained in a Metropolitan Statistical Area (MSA) and has serious lack of mortgage credit for low- and moderate-income families as determined by the USDA. Families must be without decent, safe and sanitary housing, unable to obtain all of their needed credit from other sources, and have sufficient income to cover house payments, taxes, insurance and necessary living expenses.
- Funding is based upon an annual appropriation to the USDA. Loans may be made for up to 100 percent of the appraised value. Loans may be made in combination with another lender contributing 40 percent or more of the loan amount on a first mortgage basis, with the balance from USDA on a second mortgage. The USDA loan or portion of the loan may be subsidized based on financial need in order to show repayment capacity.
- Current interest rate is used. When a subsidy is in effect, the interest rate may be reduced to as low as 1 percent A.P.R. on USDA's loan or portion of the loan.
- Maximum repayment period is typically 33 years. Under certain conditions a 38-year term is available. Collateral is mortgage on real estate financed.
- Applicant pays the credit report fee, and if a loan is made, the cost of a real estate appraisal and loan closing costs.
- Good credit history is required.

Guaranteed single-family home-buying loans - Section 502

- These home loans are designed for moderate-income families (115 percent or less of county median income) who wish to buy a house but have limited down payment capability. Loans are processed by the lender, guaranteed by the U.S. government and may be sold into the secondary market.
- Preference to first-time homebuyers. Maximum ratios are 29 percent principal, interest, taxes and insurance; 41 percent monthly obligations to total income; and up to 100 percent loan to value.
- Loan applicants must be rural residents or living in a town with a population of 10,000 or less, or in certain conditions, a town of 20,000 or less that is not contained in a Metropolitan Statistical Area (MSA) and has a serious lack of mortgage credit for low- and moderate-income families as determined by the USDA. Families must be without decent, safe, sanitary housing, unable to obtain all of their needed credit from other sources, and have sufficient income to cover house payments, taxes, insurance and necessary living expenses.
- Funding is based upon annual appropriations to USDA.
- Interest rate is negotiated between the lender and the borrower.
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- Applicants must have a credit history, which indicates a reasonable ability and willingness to meet obligations as they become due, generally meaning no late payments within the last 12 months from the date of application and a three-year period from bankruptcy discharge or foreclosure.

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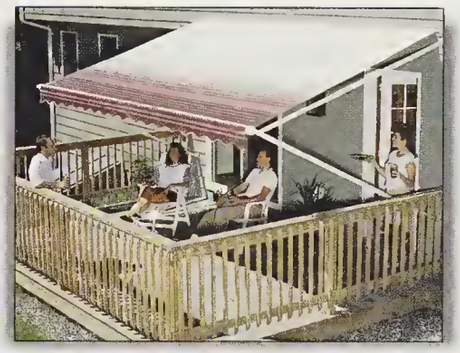
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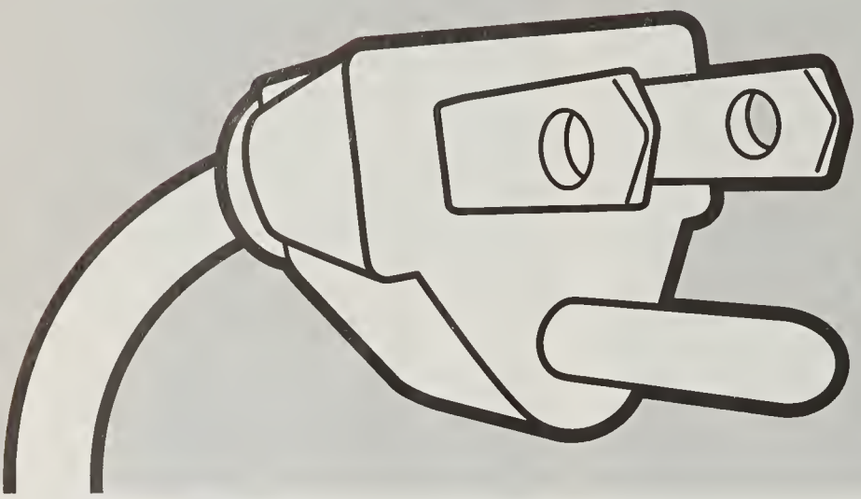
What does that third prong do?

Answers to this and other questions about electricity and safety.



Test Your Electrical Safety IQ

Take the Carolina Country electrical safety test and see how well you score. It's easy, it's fun, it's important. Answers and scoring are on page 13.

1. **What does the third prong on a 3-prong plug do?**
A. Provides a path to ground for electricity that may stray from an appliance or product.
B. Provides extra power for equipment requiring high wattage.
C. Helps to hold the plug firmly in the outlet.

2. **If a fuse blows or circuit breaker trips, the first thing you should do is:**
A. Call your electric cooperative.
B. Determine what caused the fuse to blow or the breaker to trip.
C. Replace the fuse or re-set the breaker.

3. **In order not to overload your household circuits, you should know the capacity of the circuits. How can you determine the capacity?**
A. Look at your electric bill.
B. Check the meter outside your house.
C. Open your breaker box or fuse box.

4. **You should have your household wiring inspected if:**
A. Your house is more than 40 years old.
B. Your house is more than 10 years old and you have made major renovations or added new major appliances.
C. You buy a house that has been previously occupied.
D. All of the above.

5. **True or False: It's OK to use black electrical tape to repair a frayed power cord, or to splice a power cord, as long as you cover all exposed wire.**

6. **What is the purpose of a polarized plug (it has one prong wider than the other)?**
A. It ensures that the plug is correctly inserted in a socket.
B. It indicates the positive and negative sides of the plug.
C. It permits sending and receiving digital signals.

7. **True or false: To keep an extension cord off the floor, it's best to run it along a baseboard or wall and tack it in place.**

8. **True or false: It's OK to leave an extension cord permanently in place as long as it is in plain view and out of the way of foot traffic.**

9. **What are GFCIs?**
A. Ground fault circuit interrupters.
B. General formula cellular ions.
C. Gel-filled cylinder insulators.

10. **If you have a lot of electronic devices and appliances at work in one area of your house, which is the best way to power them:**
A. Connect them all to a power strip with a surge suppressor.
B. Add wall outlets.
C. Plug in only the one you intend to use.

11. **A lamp's or light fixture's recommended bulb wattage means:**
A. It's OK to use a bulb of that wattage or lower.
B. It's OK to use a bulb of that wattage or higher.
C. You must use a bulb of that wattage only.

12. **After using a portable generator during an emergency, the safe and correct way to shut it off is to:**
A. Shut down the generator, then turn off the appliances that were powered by it.
B. Turn off all appliances powered by the generator before shutting down the generator.

13. **True or False: If an appliance that is switched off but still plugged in falls into water, do not reach in and pull it out.**

14. **If you see a downed power line or low-hanging power line, you should:**
A. Move it out of the way and call your local electric cooperative.
B. Stay clear and call the electric cooperative immediately.
C. Don't worry about it, because your cooperative already knows about it.

15. **True or False: It's OK to store flammable materials near electrical equipment such as wall switches or power equipment because they don't cause sparks.**

16. **True or False: It is safe to climb a tree located near a power line as long as the limbs aren't touching the line.**

17. **True or False: It is safe to touch a power line with a pole, as long as the pole is made of plastic.**

18. **True or False: Using a telephone during a lightning storm is dangerous.**

1. **A.** The third prong provides a path to ground to protect the equipment and user from electric shock. You should never remove the third prong in an attempt to use a 2-prong outlet. Use an adapter or replace the outlet.

2. **B.** Determine what caused the fuse to blow or the breaker to trip before replacing or resetting. If you can't find out, call an electrician.

3. **C.** Your breaker box or fuse box should contain a diagram showing the amp capacity for each circuit. Make sure the combined amp rating of your electrical equipment does not exceed the circuit's capacity.

4. **D.** All of the above. Your city or county electrical inspector performs the inspection if you've made renovations, otherwise a licensed electrician can perform the inspection.

5. **False.** The black tape—usually vinyl—is not rated to handle the heat generated by electricity running through wires. It will melt and burn.

6. **A.** The different-sized prongs help set the plug firmly into the outlet to allow proper flow of current and reduce risk of shock.

7. **False:** Never put a tack, staple or nail into an extension cord or power cord. It will expose bare wire and cause a shock or short.

8. **False:** Extension cords are temporary solutions only and not safe as a substitute for home wiring. They tend to wear out and could overheat and cause a fire. After using one, unplug it and store it.

9. **A.** Ground fault circuit interrupters are installed on electric wiring at wall outlets. They protect against accidental electric shock or electrocution by acting immediately to shut off the circuit if they sense a ground fault, or "leak" of current off the circuit. They have been in American homes since the 1970s on circuits that are located in areas that can get wet. The outlet receptacles have a test button (which breaks the circuit), and a reset button (to re-open the circuit). Sometimes a major electrical storm can affect GFCIs and you may have to reset them.

10. **B.** Heavy reliance on power strips means you have too few outlets for your purposes. Have additional wall outlets installed where you need them.

11. **A.** It's OK to use bulbs equal to or lower than the recommended wattage.

12. **B.** To avoid a power surge to your household circuits, always turn off all appliances powered by the generator before shutting down the generator.

13. **True.** Electric current remains in the power cord, and water conducts electricity that can cause severe shock. The best thing to do is turn off the power to the circuit at the breaker box.

14. **B.** If you see a downed power line or a low-hanging one, you should stay clear and call your electric cooperative immediately.

15. **False.** It is unsafe to store flammable materials near any electrical equipment, because a spark could jump unexpectedly.

16. **False.** It is not safe to climb a tree located near a power line at any time. Tree limbs can move into contact with power lines at any time and could conduct enough current to cause electrocution.

17. **False.** It is not safe to touch a power line with any pole. The same goes for an antenna or other object.

18. **True.** Lightning can strike telephone and electrical wires and travel into your house, through your phone cord, into your telephone and into the handset. Cordless phones are not dangerous because there is no physical connection to the wires. But you should not use your cordless phone during an electrical storm to call your neighbor who may not have a cordless phone.

How Did You Do?

Your cooperative believes it is very important that you know how to be safe around electricity. Just like there's no such thing as being too safe, there's also no such thing as too much information about electrical safety. We hope you enjoyed the quiz and learned something.

Score	Rating
18 correct	You can work for an electric cooperative.
15 to 17 correct	You missed the trick questions.
1 to 14 correct	You learned important information.
None correct	You chose the wrong answers on purpose.

Source: Electrical Safety Foundation International. All information approved by the Job Safety & Training Department of the North Carolina Association of Electric Cooperatives.

Safety lessons you learned the hard way

Thanks to everyone who sent in stories. Next month we'll publish your stories about farm life. [Deadline was April 15.] See the remaining themes and rules of our "Nothing Could Be Finer" series on page 16.

Painting lessons from a pro

Mistakes are our best teachers. That's what a grade school teacher used to tell my class. I will leave it up to your imagination just how I learned these safety lessons during my 20-plus years as a professional house painter.

- Never set your work bucket full of paint on the ground behind you.
- Don't move a stepladder with an open can of paint on it, no matter how careful you think you can be.
- Always replace the lid snugly on a partially full paint can by stepping on it firmly. You never know who might knock it over or pick it up to shake it. It might even be you.
- When replacing the lid snugly on a paint can that has wet paint around the rim, throw a rag over the lid first if you don't like paint spurting up your leg.
- When you set a ladder against a wall and rest the bottom of it on a drop cloth laid down to protect a shiny new floor, the drop cloth will quickly slide away from the wall, and the ladder with it, when you get to the top of the ladder.
- It is impossible to get dried paint off clothes. Also, paint is not attracted to work clothing but seems to have a magnetic attraction to an expensive new jacket.

John Pilcher
Arapahoe, Tideland EMC

Driving with children

I learned a safety lesson the hard way when my son was a toddler. After shopping at a little country store, I put Jimmy into the front seat and got behind the steering wheel. Jimmy was standing on the seat, trying to open a box of cookies.

I started the car and slowly headed toward the road. Suddenly the passenger side door flew open, and my little boy fell out. I slammed on the brakes, opened the door and jumped out. Jimmy was screaming and so was I. His little leg was under the car wheel.

A teenage boy slowly drove the car off Jimmy's leg. I grabbed him up and ran into the store. We looked him over, decided he was not injured except for a laceration on his leg where the tire had been. Anyway, I insisted that he go to the doctor.

My daddy drove us to the doctor in Mocksville. He had no other injuries except the leg laceration.

My oldest son is almost 57 years old now. I could have killed him. If I had not learned this lesson with him, I could have killed or badly injured one of my other four children. Thank God I learned this lesson, even though I wish I could have learned it without pain to my little boy.

Virginia L. Kinley
Woodleaf, EnergyUnited

Learning from dad

Safety is a number one priority in my house. As we were growing up we learned certain things that every child learns: don't put the scissors in the light sockets, don't cut with big knives, don't sit too close to the television because it will ruin your eyesight. My brother and I seemed to obey these rules more closely than our father.

When we were growing up we got to see firsthand what would happen if we did not listen to Mom about the light sockets and the sharp objects. Our father was always the guinea pig.

On my spring vacation one year, my father decided to take his chainsaw and cut some tree limbs for my grandparents who lived just below us. My grandfather, who is always trying to be the sensible one, told my father not to get up on the roof with the chainsaw. My father waved him off and got on the roof anyway and nearly sawed off his leg. The ambulance, the local fire department, and several family members and neighbors came to help get him down. When this little parade was over, my father had managed to get himself nearly 200-some stitches and a good six weeks of recuperation.

When I was in sixth grade I played basketball for the local elementary school. I was a little taller than most of the girls and had broad shoulders. One Sunday after church, my father in his Sunday suit, my brother and I decided to play basketball in our backyard. While my father was attempting a jump shot I tried to block him. I blocked him all right; he went down and something snapped. Crawling back to the house he declared that everything was fine and that he didn't need to go to the doctor. Several days later, after working on our kitchen with my grandfather, my father decided he'd better go to the hospital. When he returned his foot was in a blue cast and he was walking on crutches. He had broken his foot.

The worst was yet to come. That same day, my father got the bright idea to go down to my grandfather's in his cast. While attempting to walk down the stairs, which were only cinder blocks, he fell again and this time fractured the other foot.

This time, the nurse politely told my father to go home and sit down.

If nothing else we've learned that my father proves the theory that accidents occur more often at home than on the job.

Stacy Hawks
Sparta, Blue Ridge Electric

Working with paint thinner

I was working for a local company, learning to use industrial spray paint, and part of the job involved mixing my own paint. Someone had replaced the supply line of the thinner tank I was using with a piece of air hose. Over time the air hose weakened from reaction with the petroleum in the thinner. When I turned on the pump, the line ruptured and thinner sprayed right into my face, off my head and into my eyes. It burned my eyes and temporarily blinded me.

There was no eyewash available so I ran for the bathroom where I knew about a large sink that I could soak my head in.

Each time I opened my eyes as I ran, more thinner ran into them, burning then even worse.

Thankfully everything turned out OK and nobody was hurt, except the guy who was standing in the bathroom doorway as I made my speedy entrance.

A few years later I went to work for General Electric in Mebane and was appointed to a safety committee. I always remembered my paint thinner experience, and that made me a very active participant. Over the next 12 years I was involved in accident investigations and in looking for better personal protective equipment for my fellow employees, as well as in developing better safety practices and training.

I was fortunate to chair the North Carolina Star program and helped our company receive the North Carolina Star award given by OSHA (U.S. Occupational Safety & Health Administration) to companies with outstanding safety records. I was lucky I wasn't seriously injured and that I have been able to help so many others from having a similar if not worse experience.

Michael Howe
Haw River, Piedmont EMC

Riding a tractor

Back in 1971, none of the tractors that we used on our family farm had cabs or rollover protection on them. It was common for farm children to ride on the fender of a tractor or to sit in the lap of its driver. That danger turned into tragedy for my family. My little brother went on the tractor with a farm worker to disc a field. The worker came to the house screaming for help. My sister tried CPR, and I called the rescue squad. Our brother was killed when he fell off the tractor and the wheel crushed his body.

Now my husband and I farm. Our son works with us. We have volunteered in the Progressive Farmer Farm Safety Camps for Kids programs for the past 10 years. This is where farm kids learn safety. They teach lessons about fire safety, electricity, ATVs and lawnmowers, livestock and chemicals, and inclement weather. Hundreds of kids across North Carolina have the safety skills they need to live safely on the farm thanks to this program. There is a reason that lawnmower and tractor manuals state "no riders." That reason is the life of your child or grandchild.

Lillian Harden
Windsor, Roanoke Electric

Drinking and driving

On Saturday night, Nov. 15, 1985, my life changed forever. I was out with some friends and sitting in the back seat when we ran head-on into another car filled with some other friends we were out with that night. I was most seriously hurt. I basically "broke my face," as the doctors put it. I had metal plates, screws and wires throughout my face along with a wired-closed jaw for several months. Since then I've had many dozens of operations inside my mouth. Lots of time and money spent on dentists, periodontists, orthodontists, endodontists and oral surgeons. Pain. Misery. Each day I brush my teeth I am reminded of that event. Every time I look in the mirror, I see the scars around my eyes where the surgeons went in to fix my broken face.

The amazing thing is that nobody died. Nobody received maiming injuries. As unfortunate as the accident was, we were lucky. Of the eight people involved, I was

continued on page 16

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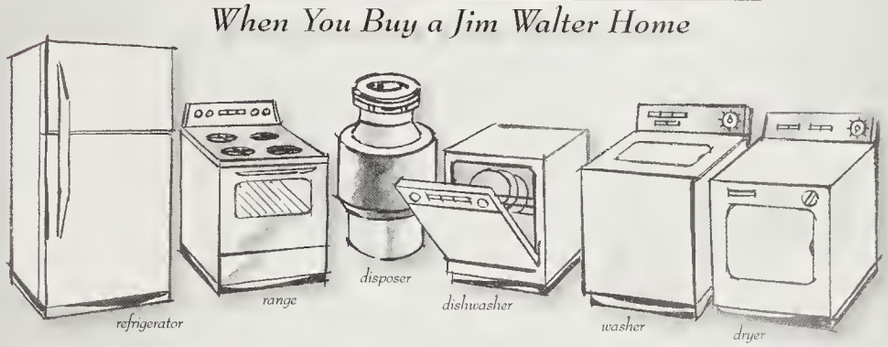

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the youngest and most "innocent." I was the only one not drinking. While no DWI charges were part of this incident, everyone else including both drivers was indeed drinking alcohol.

Since then I have made it an unbreakable rule that I would never again go in a car with anyone who has been drinking. If I am driving, I don't even take a sip of alcohol. I also made an agreement with my parents that if I ever need a ride, I could call them, no questions asked. I will do the same for my children, and encourage you not to make the one mistake that could change your life or someone else's life forever. I was lucky. I escaped death and serious injury unlike many thousands of kids and adults each year.

Ross Mandell
Waxhaw, Union Power Cooperative

Climbing a ladder

Having been on this earth for about 75 years, I figured I had learned a lot about common sense and safety. This past January I found out that I had one more lesson to learn.

I had a rule when working around my shop alone: Never get up high on a ladder. That particular day I not only broke my rule, I broke my arm.

I went up my old ladder, the one without rubber "feet." It seemed okay until I reached the rafters 15 feet up. Then it was too late. That old ladder was swinging from my foot. And where was I? Hanging from the rafters just a' swinging. Eventually all I could do was drop to the concrete floor below.

Later on, a friend wanted to know why I didn't call for help on my mobile phone while I was just hanging around up there in the rafters. Now that would have been a trick!

After a visit to the ER, many doctor visits and a great deal of pain, I am almost 100 percent. And, yes, very lucky. I did learn my lesson.

Bob Gober
Bessemer City, Rutherford EMC

Driving without seatbelts

It was June 1980. I had two children: a four-year-old girl and a one-and-a-half-year-old boy. In 1980 cars had seat belts, but no one ever wore them and it was not a law.

I was driving to my mom's house with my two children in the front seat, no seat belts. My daughter was in the middle and my son was next to the passenger side door. The road to Mom's house was dirt and gravel and inclined downward on the passenger side.

My daughter reached over my younger son and opened the door. He fell out of the car onto the road. I immediately stopped the car, turned off the motor and ran around the car to the passenger side. If I had not stopped when I did, I would have run over my child. He was only inches away from the back tire, and he rolled under the car when he fell out.

I thank God for saving my child. Today my car does not move out of the driveway without all seatbelts fastened, all children buckled in and all the doors locked.

Rebecca E. Harkey
Lincolnton, Rutherford EMC

Running on a treadmill

One afternoon last spring, my daughter and her children came for a visit. I was enjoying the afternoon with my grandchildren Dalton and Cheyenne. My daughter Christy decided she was going to walk on the treadmill. The children were playing with their toys. Cheyenne took her toys in the room with her mom to play. While she was playing one of the toys went under the treadmill and she went after it. She got her hand caught under the belt of the treadmill. The belt burned her hand and fingers. She had treatment on them until they healed. Cheyenne then had to have surgery on her fingers to straighten them. After surgery, she had to have physical therapy on her fingers. I am thankful she is alright now. She can use her fingers fine.

The safety lesson I learned that day was to never let a child in the same room while using the treadmill. This was an accident that taught me a valuable lesson at the expense of my granddaughter's suffering.

Teresa Crouse
Newton, Rutherford EMC

Driving with morning coffee

Getting in our 1983 two-door, brown-and-white Plymouth Fury to go to work, I had a hot cup of coffee with me to drink on my way to the office. As I backed out of the carport in a rush, I spilled the hot liquid on me and jumped out of the car to get away from the spill. The only problem was I forgot to put the car in park. The vehicle kept going in reverse with the door wide open. It headed for our pump house. I tried to jump back in to stop the sedan, but could not. Only seconds before the open door slammed into the pump house, I jumped away from the car.

My husband was also leaving in his truck and saw the whole horror. He said he knew I was going to be crushed to death between the door and pump house, and there was nothing he could do.

I thank God daily for saving my life. I know not to drink hot coffee on the way to work and to slow down even if I am late.

Mary Kay Cox
Four Oaks, South River EMC

Send us your best
Earn $50

Here are the themes in our **"Nothing Could Be Finer"** series. Send us your stories and pictures about these themes. If yours is chosen for publication, we'll send you $50. You don't have to be the best writer. Just tell it from your heart.

July 2005
The First Meal I Ever Made
What was it and how did you like it?
Deadline: May 15

August 2005
What I Learned From My Kids
Sometimes children can teach grown-ups a thing or two.
Deadline: June 15

September 2005
Celebrity Look-alikes
Photos of people who are dead-ringers for someone famous. Digital ones must be 300 dpi and at least 4 by 6 inches.
Deadline: July 15

October 2005
My Favorite Photo
North Carolina people, places, things. Digital ones must be 300 dpi and at least 4 by 6 inches.
Deadline: August 15

November 2005
It's the Thought That Counts
The dumbest gift you ever received.
Deadline: Sept. 15

December 2005
Holiday Mishaps
Those holiday plans that just didn't work out as you hoped they would.
Deadline: Oct. 15

The Rules

1. Approximately 200 words or less.
2. Only one entry per household per month.
3. Photos are welcome. Digital photos must be 300 dpi and actual size.
4. E-mailed or typed, if possible. Otherwise, make it legible.
5. Include your name, electric co-op, mailing address and phone number.
6. If you want your entry returned, please include a self-addressed, stamped envelope. (We will not return others.)
7. We pay $50 for each submission published. We retain reprint rights.
8. We will post on our Web site more entries than we publish, but can't pay for those submissions. (Let us know if you don't agree to this.)
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   Or through the Web: www.carolinacountry.com

Mathew Brady photograph of the color bearers and color guard, 7th Illinois Volunteer Infantry, armed with Henry rifles (and proud of it).

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Bringing electricity, medical care and hope to a remote Central American region

Text and photos by Ken Thomas

In the mid-1990s, Tim and Doris Spurrier of New Covenant World Missions began to establish a hospital in the poorest region of Guatemala, the town of San Benito in the northern Peten region. By 1998, their Hospital Shalom was ready for electric power. As a former electric lineman with Haywood EMC I had done similar work in crisis areas through the charitable organization Samaritan's Purse, so when Samaritan's Purse electrical engineer Bill Wright asked me to help in Guatemala, I prepared to go. Soon, however, we learned that Guatemala's civil war and deteriorating political situation put an end to our plans. In fact, New Covenant World Missions lost ownership of Hospital Shalom, and the Spurriers themselves were forced to leave the country.

But the Spurriers did not give up. In March of this year, Hospital Shalom finally opened. Haywood EMC in Waynesville, Central EMC in Sanford, the Haywood Rotary Club in Canton and Samaritan's Purse of Boone all were part of the story.

It's hard to believe that about 1,500 years ago—from 200 to 900 A.D.—this region was home to one of the most advanced civilizations known. Near the remains of the amazing Mayan culture today we see extreme poverty. Families farm every available square inch of soil. It is common to see corn literally growing right up against homes with narrow trails leading from front doors to the road. Most homes do not have indoor or outdoor plumbing. People heat and cook with wood and travel mostly on foot or by bus. A two- or three-room place can typically house eight or more people. Few homes have refrigeration, and everyone washes clothes by hand or in nearby lakes and rivers.

Local people have had little hope for survival in cases of severe injury or illness. Before Hospital Shalom, the closest hospital was more than 185 miles away, a 10-hour drive, in the capital, Guatemala City. Considering the condition of the roads in Guatemala, 185 miles in 10 hours is actually pretty good. When riding these roads your life is literally in the hands of your driver. With no posted speed limits, most two-lane rural roads are unmarked. On blind curves drivers pass old reconditioned school buses donated by U.S. organizations. The multi-colored buses, reminiscent of the early 1970s "Partridge Family," stop in blind curves to pick up or let off passengers on the roadside.

A scene from a village in the Peten region of northern Guatemala.

Local utility lineman Wilfido Costillo tries on the linemen's tools and equipment used by North Carolina electric cooperatives.

Our mission

Electrical engineer Bill Wright contacted me in April 2004 to pick up where things left off some six years earlier. Our job would be to build a power line with a 150,000-volt-amp transformer bank to power Hospital Shalom and to wire up a back-up diesel generator they could use during power outages. We would bring electricity to the hospital building's five outpatient clinics, X-ray units, pharmacy, laboratory, emergency room and waiting room. I dusted off the Samaritan's Purse engineer's electrical drawings and began putting together a materials list, getting prices and seeking volunteers.

Haywood EMC's purchasing agent Jim McConnell got quotes for $9,000 in materials. I contacted two friends and fellow linemen, Tommy Duckworth and Harris Morrison, both with Central EMC. Along with my wife, Carol, and Bill Wright and his wife, Jackie, six of us would take vacation time and travel to Guatemala. Central EMC and Haywood EMC together donated some $2,500 in materials while New Covenant World Missions raised the remaining $6,500. Vine International of Knoxville raised money to ship the construction material. In June 2004 I asked my Rotary Club in Canton to consider covering travel expenses for Tommy, Harris, my wife and me. The board graciously agreed. Bill and Jackie's expenses were covered by Samaritan's Purse.

We flew from North Carolina to Guatemala on Dec. 4. Between the six of us we had around 18 pieces of luggage, six of which were loaded with tools. We knew if we got there and didn't have something, we could forget needing it. This is a place where they still do everything by hand, like cut grass with a machete, mix concrete with shovels and pour it out of 5-gallon buckets, and dig ditches with shovels for water or power lines.

Our first morning—after a breakfast of scrambled eggs and black beans rolled up in a corn tortilla, fresh papaya and home-grown coffee and pineapple juice—we drove to San Benito and Hospital Shalom. Right away we noticed the natives had put the concrete power pole about 50 yards from where it was supposed to go, which meant we'd be short of conductor wire. In addition, our three 500-volt-ampere transformers had not arrived yet. But we went ahead and planned our work week, then enjoyed a church service at a small three-sided cinderblock building with an open front and rough-cut timber trusses supporting a tin roof. The service was filled with spirit and although the music was loud, we did recognize a few tunes.

The rest of the week we began work at 7 a.m. daily, hoping to get as much work done in the cool of the day as possible. In early December in the Peten region, it gets into the upper 80s and low 90s.

On the power line we worked with Wilfido Costillo, a 22-year-old Guatemalan who had worked with the local utility for five years. He earned about $5 a day, which is good in a region where the average pay is just over $3 a day. He lived in a three-room house with his parents, seven sisters and three brothers, furnished with two beds, a three-drawer dresser and couch. They had no running water and cooked with wood. Wilfido spoke no English, and although Bill Wright speaks Spanish he was usually working in the generator room or in the hospital on medical equipment. So the four of us linemen did just fine with sign language and pictures. Together we read John 3:16 and Romans 10:9 from a Spanish Bible. Wilfido was a good lineman and learned to use some new tools.

Harris and I did the grunt work the first two days making up hardware and pulling it up the poles with hand lines. We had all the lines sagged and cut in by the time the transformers arrived. The next task was to get us and each of those 800-pound transformers up the pole.

All the power poles in Guatemala are concrete, and without bucket trucks the locals climb them with ropes. Using a truck plus a block and tackle, we pulled Tommy and Harris up the pole in a tree saddle. But I was determined to get up there using the ropes that Wilfido had. We hung two 5-foot woven nylon ropes around the pole, one above the other, and pulled them through themselves to snug them up tight. This left two lassos for me to stand in and shuffle one leg after the other up the pole. After making it to the top, Harris, Wilfido and I worked on the poles as Bill and Tommy pulled each of the transformers up to us with a truck and rope. Once we hung the transformers we mounted two parallel runs of 4-inch rigid conduit up the pole for our service wires to the transfer switch and generator. We

continued on page 20

Four-year-old Fredie (on his mother's lap) awaits treatment at Hospital Shalom for an encephalitis condition that has swollen his head.

Guatemalan lineman Wilfido Costillo (left) and lineman Tommy Duckworth from Central EMC in Sanford prepare to mount transformers on a pole.

laid these wires in a hand-dug ditch 2 feet deep and 80 feet long.

As we set up wiring for the diesel generator, the local engineer who was sympathetic with our hospital mission just about wore Bill out with the specifications and designs of how it is done in Guatemala. Because a company in Spain owns the Guatemalan utility, Bill was working with European standards. Europeans do not use wood on pole hardware because it is scarce, while the standard Bill used is for America's rural cooperatives that use wood because it is plentiful. Finally we completed wiring the generator and transfer switch, and installed metering equipment for the utility.

Meanwhile, all three X-ray units Bill tried to resurrect were dead. The heat and humidity did them in while in storage. The equipment had not been used in nearly three years while the hospital was under a hostile takeover. Since then, Samaritan's Purse donated an X-ray control unit in time for the hospital's opening in March.

With the people

While we built the power line, Jackie and Carol visited nearby villages with missionaries Doris Spurrier and Sue Locke. They delivered food and medical supplies. They met one child, Fredie, who was about 4 and suffering from encephalitis caused by a mosquito bite when he was 2. Fredie's head was swollen to a size equivalent to a third of his body. He was completely disabled and helpless. His mother had to force-feed him. The normal practice is that the father eats first, then the mother, followed by the healthiest children. Lack of medical resources means children like Fredie are left to die so a family can focus on keeping other children healthy.

One day as we worked, a family with a very sick infant came to Shalom Hospital and pleaded for respiratory equipment for the baby. We rushed to the warehouse to search through World Medical Mission boxes of medical supplies sent by Samaritan's Purse. We opened many WMM boxes until we found the right combination of respiratory hose circuits and an infant oxygen mask to match the adult inhaler the family had. We prayed for the family, and the baby was doing just fine within a day or so.

It's not uncommon for people to show up at the hospital desperate for someone to help them. This past fall the groundskeeper was mowing outside the hospital when he came upon the fetus of a recent miscarriage lying in the high grass. It is so sad that these people have to suffer for what we take for granted in the U.S. But now at least they have a hospital that can welcome them with professional medical practitioners, updated equipment and Christian love.

Ken Thomas is manager of marketing and communications with Haywood EMC in Waynesville. He has been on similar missions with Samaritan's Purse in stricken areas of the Serbian province of Kosovo and the country of Belarus that formerly was a Soviet republic.

Those who helped

Samaritan's Purse

Based in Boone, Samartitan's Purse works in more than 100 countries providing no-red-tape assistance to people suffering from disaster, disease, wars, poverty, famine, persecution, and terrorism. The organization also includes Operation Christmas Child, which since 1993 has delivered gifts packed in shoeboxes to 31 million underprivileged children in more than 120 countries. The Rev. Franklin Graham, son of evangelist Billy Graham, is president of Samaritan's Purse whose purpose is to provide immediate response to physical and spiritual needs of people in crisis areas. World Medical Mission is a division of Samaritan's Purse that donates medical supplies and equipment and has placed hundreds of doctors, dentists and other medical professionals in voluntary, short-term service with hospitals and clinics in the world's least developed countries.

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New Covenant World Missions
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Rotary Club of Haywood County
District 7670, Club 6018
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VINE International
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Knoxville, TN 37950
Phone: (865) 380-0220
www.vineinternational.org

Haywood EMC, Waynesville
Central EMC, Sanford

Sutherland and the Peak

Art by Edwina L. May

Edwina L. May is an artist who lives in Boone and has been a member of Blue Ridge Electric all her life.

Her watercolor "Sutherland and the Peak" shows the Sutherland Methodist Church off Highway 88 in Ashe County. It received a merit award at the High Country Watercolor Society show in 2004.

The scene is available as a limited edition giclee print on 100 percent rag archival watercolor paper with hand-deckled edges. Each measures 11 by 14 inches and is signed and numbered. They sell for $55 each plus $5 shipping.

Edwina May paints primarily watercolors on commission and concentrates on scenes of "quickly disappearing country life" and pet portraits.

Edwina L. May
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How smart is your child?

By Deborah L. Ruf

Many parents wonder how their children compare to other children. They may have very good reasons to suspect their children are gifted, but they're not sure how to prove or disprove it. Proof about giftedness can be critical, because it helps parents provide more opportunities for their kids' growth, enjoyment and success in areas of interest.

There are certain childhood behaviors—milestones—that can tell us when children are ahead of or behind others their age. Most of the charts on childhood development show the typical range of behaviors for each age group. If your child is ahead of those tables, that doesn't necessarily mean he or she is on the fast track or slated to become the next genius.

Below is an overview of the various levels of giftedness and milestones that are common—but not necessary—to each Level. Also below are the numbers at each Level of Giftedness that you are likely to find in an average elementary classroom of 28 children. It is the overall "feel" of where the child fits that tells you the Level.

1 Level One

- These children show interest in many things before they are even 2 years old—like colors, saying the numbers in order, and playing simple puzzles.
- Most of them are good talkers by age 3, and by 4, many print letters and numbers, recognize simple signs, their name, and know most of alphabet.
- By the time they are 6, many read beginner books and type at the computer, and most read chapter books by age 7.
- It is not unusual to find six to eight Level One children in an average classroom, children who are nearly always a few steps ahead of what the teacher is teaching the whole class.

2 Level Two

- These bright children love looking at books and being read to, even turning pages without ripping them, by 15 months. Some shout out the name of familiar stores as you drive past.
- Many of these children know lots of letters by 18 months and colors by 20 months, and between ages 3 and 4, they count small groups of objects, print some letters and numbers, and they very likely drive their parents crazy with all their questions.
- They require a bit less of your time by age 6, because most of them read for pleasure and information on their own by then.

3 Level Three

- They're born wide-eyed and alert, looking around the room, reacting to noises, voices, faces.
- They know what adults are telling or asking them by 6 months. You say a toy, pet or another person, and they will look for it.
- By 2 years, many like 35-plus piece puzzles, memorize favorite books and know the entire alphabet—in or out of order!
- By 3 years old, they talk constantly, and skip count, count backwards, and do simple adding and subtracting because they like to. They love to print letters and numbers, too.
- Most of these children are a full two to five years beyond grade level by age 6 and find school too slow.
- There are one or two Level Three children in every 100 in the average school. They are rarely in the same elementary class and can feel very lonely.

4 Level Four

- Level Four babies love books, someone to read them, and pay attention within a few months of their birth.
- They are ahead of Level Three children by another two to five months while less than 2 years old.
- They have extensive, complex speaking by 2, and their vocabularies are huge!
- Most of them read easy readers by 3½ to 4½ years, and then read for information and pleasure by age 5, with comprehension for youth and adult level books at about 6–6½ years.
- There are about one per 200 children in the average school. Without special arrangements, they can feel very different from their classmates.

5 Level Five

- Level Fives have talents in every possible area. Everything is sooner and more intense than other Levels.
- They have favorite TV shows before 6 to 8 months, pick out letters and numbers by 10 to 14 months, and enjoy shape sorters before 11 months.
- Musical, dramatic and artistic aptitudes usually start showing by 18 months.
- Most speak with adult-level complexity by age 2.
- They understand math concepts before age 4.
- They read six or more years beyond grade level and usually hit 12th grade level by age 7 or 8.
- We know they occur more often than once in a million and regular grade school does not work for them. Levels Three through Five score similarly on ability tests—very high.

Deborah L. Ruf, Ph.D., is author of "Losing Our Minds: Gifted Children Left Behind" (Great Potential Press). For more information, visit http://www.educationaloptions.com/.

Pepsi-Cola Bottling Co. of Charlotte turns 100

Pepsi-Cola's oldest continuous bottler marks its 100TH year this month. Pepsi-Cola Bottling Company of Charlotte celebrates the occasion with a special edition can and several promotions. The 100th anniversary commemorative can is being distributed this spring throughout the bottler's eight-county region.

Established in 1905 by Henry B. and Sadie C. Fowler as a franchise of Caleb Bradham's Pepsi-Cola Company of New Bern, the Charlotte bottler today produces more than 9 million cases and fountain gallons per year.

Seven years after New Bern pharmacist Caleb Bradham invented a carbonated soda drink he would eventually name "Pepsi-Cola," Charlotte's Henry B. Fowler introduced the product to his wife. Sadie Fowler had a taste and said, "Well, Henry, I think that will be just fine."

Fowler subsequently joined Bradham in the soda business, staking his name and fortune on a little-known concoction born in eastern North Carolina. As the first bottler to incorporate under the Pepsi-Cola name, the Fowlers were taking a risk. But 26-year-old Henry, who left a job as treasurer for Adams Grain and Provision Company to begin bottling Pepsi, believed in the product's future.

In 1905 from a barn on Trade Street, in what is now Charlotte's Uptown district, Henry Fowler peddled this new drink. Despite Fowler's—and other franchisers'—best efforts, Pepsi-Cola struggled during the tumultuous periods of two World Wars and the Great Depression. Indeed, the parent Pepsi company twice went bankrupt. During those early years, the Charlotte franchise was one of only a handful that continued to bottle and sell Pepsi-Cola.

Sadie served as treasurer of Pepsi-Cola of Charlotte for most of her life. The partnership played an integral role in the livelihood of the Pepsi-Cola brand and even landed the couple front and center during a copyright infringement suit brought against the parent company by Coca-Cola. While testifying on behalf of Pepsi, Sadie Fowler was said to have told the courtroom that she had "weaned my two daughters on Pepsi-Cola."

And weaned they were. Pepsi of Charlotte was a family affair. For the Fowler patriarch, his wife, children and grandchildren, as well as the countless employees who worked for decades for the company, Pepsi-Cola Bottling Company of Charlotte was a large, extended family.

When Henry Fowler's granddaughter Dale Halton became president and CEO in 1981, she inherited a former one-horse business that had grown into a fully mechanized, multi-million-dollar operation. Still, all was not well. With the bottler teetering on the brink of bankruptcy, Halton brought the company back to its feet. At the helm of Charlotte's largest woman-owned business today, Halton has embraced the family atmosphere that has always defined it, while infusing the company with a community-first mentality. The company's foundation donates more than 10 percent of its pre-tax profits annually to charities serving children, education and the arts in its franchise territory. This year she will host an event at the UNC-Charlotte's Dale F. Halton Arena, named for the founder's granddaughter in 1996.

—Thanks to the Lyerly Agency, Charlotte, for help in compiling this history.

Founders Henry & Sadie Fowler

How do you spell

p-h-i-l-a-n-t-h-r-o-p-y?

If you miss a word in this spelling bee, you help the Lincoln County schools

Photo and text by Hannah Miller

The Adult Spelling Bee that pits some of Lincoln County's best minds against each other each spring has a serious purpose but a lighthearted spirit. Half the money raised at the event, most of it from spellers literally buying themselves some time for their misspellings, supports the use of technology and innovative teaching in the public schools. The other half goes to the county's Chamber of Commerce for its operations.

"It's a great cause," said Lincoln County Schools Supt. Jim Watson after watching 140 of his fellow citizens slug it out verbally at Lincolnton's James W. Warren Citizens Center.

The schools' part of the money is funneled from the Lincoln County Public Education Foundation, which co-sponsors the competition with the chamber. The foundation, with $1.2 million in assets, contributes $30,000 to $32,000 to the county's 21 schools each year.

The contestants gathered around cloth-covered tables in the front of the auditorium, armed with pencils and legal pads and supervised by high school Beta Club aides.

For $25, a team can buy its way past a misspelled word and stay in the game. Not one table escaped having a red card hoisted above it at some point during the evening, the signal that a word had been misspelled. "The more red cards go up, we start licking our lips," Chamber President Ken Kindley said.

At the annual Lincoln County Adult Spelling Bee this spring, the Iron Station Elementary team hopes matching T-shirts and outsized glasses will help their chances. They were wrong. Team members were (from left) Freida Robinson, Elizabeth Carpenter, Florence Nixon and Amie Norcutt (not shown).

The bee ended when enunciator Gaye Howard of the Lincoln County Rotary Student Loan Fund called out the last of 35 words from the Scripps Howard National Spelling Bee guide. At that point $8,200 had been collected for misspelled words. Another $3,900 from entrance fees made the total take $12,100.

Members of the chamber's men's team, who endured ribbing from Master of Ceremonies J. Cain Leonard throughout the night, kicked in $425 of their own money to stay in competition. "Do we have some kind of technical difficulty?" Leonard asked at one point. "The Chamber of Commerce men's team is still here."

When a team's money ran out, Beta Club aides popped the red and white balloons at their tables, and they filed out into the rainy night. Leonard promised that quitters would be "relentlessly humiliated in front of your peers" as a recording of "nyah, nyah" followed some contestants out the door.

In the third round, when difficulty escalated with words like "schipperke" (a Belgian dog), four women representing St. James Elementary School looked to the balcony where principal Larry Shouse sat. One team member, Sherry Shaw, rubbed her finger and thumb together in a "need money" signal.

Only 15 teams made it to the final, no-buyback round, and they soon dwindled to two: East Lincoln Middle School and Lincolnton Rotary Club. "Want to call it a draw?" one team member asked after both teams missed "phthisiology" (care and treatment of TB) and "quiddity," (the essential nature or ultimate form of something)

Lincolnton Rotary won the tiebreaker with "obeisance" (an attitude of respect). Although Bo King is the education foundation chairman and another team member was Dr. Martin Eaddy, retired schools superintendent, King had this explanation for their success: "We had a doctor (Ed Miedemas) and an attorney (Johnathan Rhyne)."

For all their misspellings, the Rotarians had to ante up $275. "The club was good for $150," King confessed. "We came up with $125 on our own from alternate funding sources, some of whom don't know it yet."

Hannah Miller is a writer/photographer in Charlotte.

We found our best watch in a history book

In 1922, a small watchmaker in Switzerland designed the first automatic watch to display the day, month and date. Only 7 of these magnificent timepieces were ever made and this watch was almost lost to history. Today, they are so rare that our watch historians are willing to bid $300,000 for an original in mint condition.

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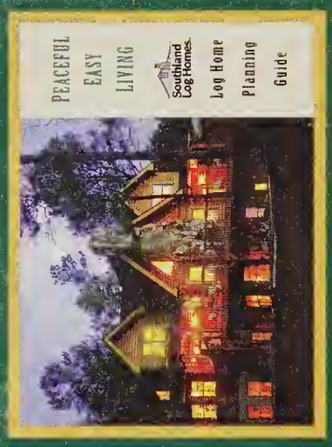

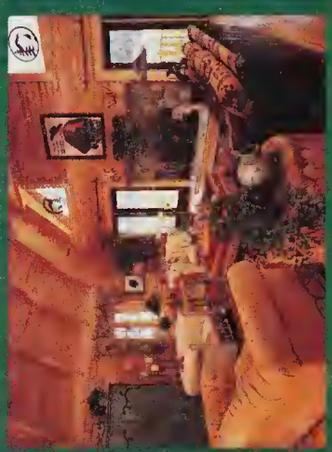

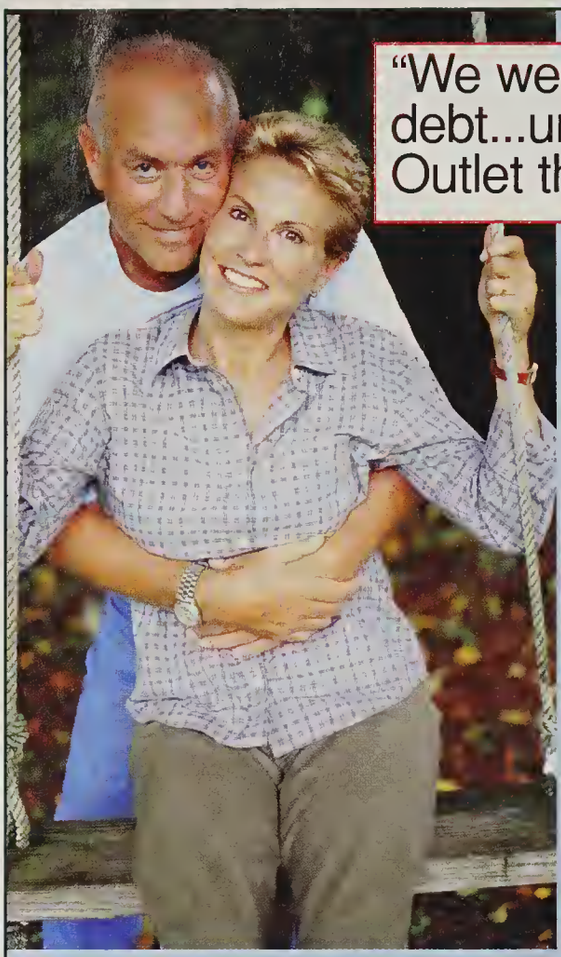

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From Lauren Lemons, Westfield
- Your friends drive 4-wheelers and tractors to school and hang their parking stickers on them.
- You put a pipe on your 4-wheeler to make it louder, and you won't ride one unless it is loud.
- Your dad tells the lady who works at Wal-Mart that you are his son when you are his daughter.
- You think Wal-Mart is the best place, and you go more than three times a week.
- You use the bathroom outside because you can.
- You take a bath in pickle juice for a sunburn.
- You know what a Come to Jesus meeting is.

From Tammy Newsome, Kenly
- Your Grandma tells you she "hoped" somebody do something instead of helped.
- You begged your mama for clogging lessons instead of ballet.
- You'll be glad when summer gets here so you can go to the lawnmower pull on Friday nights.

From Carla Sutton, Newton Grove
- You take your 2-year-old daughter to a grill that serves brown hot dogs (not Carolina Bright Leaf), and she looks at her plate and says, "I don't see my hot dog!"

From Sonja and Donnie, Linden
- Your Papa was one of the local bootleggers.
- You learned to drive behind the wheel of your Papa's pickup in the cow pasture.
- Your pet goat rode up front in the pickup.
- You had a steer that would cry when you took away his feed bucket.
- You got a calf from the dairy to raise with a Nanny goat that had lost her babies.
- You bottle-fed that calf from an old Pepsi bottle when he got too big to drink straight from the goat.
- You helped kill hogs, make fresh sausage and cure hams in the pack house.
- You had to feed up every morning before school.
- You had a dog that would pull corn and stack it in a pile for the pony.
- As a girl you got your first pocket knife from your Papa.

From Nickey Hudson, Morganton
- You get something out of the Kelvinator.
- You eat pickled eggs and baby's teeth on chicken bones or fried chicken's feet.
- You go blackberry picking barefooted.
- You can make music with a comb, a jug or spoons.

From Angie Thompson, Cedar Grove
- You had to choose between square nabs and round nabs when you took a break from pulling tobacco.
- You fried tobacco worms in the exhaust of the tractor.
- You got excited when you graduated from driving the tractor in the tobacco field to working at the barn.
- You got a tan on the top of your thighs, but no where else because you hadn't graduated yet to the barn.
- You didn't get new school clothes until after the first tobacco sold.
- You use a hose pipe to water your garden.
- "E'nin" is the time after dinner and before supper and can extend to bedtime.
- The pond was the hangout for your high school friends.

From Kim Wilson, Haywood EMC
- You know what git-r-done means, and who said it first.
- You know what Granny means when she says you'll "marr up" in the mud if you go outside after it's rained.
- When you tell a joke and no one laughs, you say, "I don't care who you are, that right there's funny."
- "Peeps" are the little marshmallow candies you get at Easter.
- When your cousin gets a new truck, you go to his house, sit in it, and listen to music.

From Akilia Slocumb, Raeford
- Your grandma thinks turning on the TV too fast will run up her light bill.
- Everything your parents need you to get is "that thing right der," or "that thing ova der."

From Stuart Good, Kernersville
- You watched Andy Griffith reruns three times a day in the days before cable.
- You believe it's obvious that the Revolutionary War was won at the Battle of Guilford Courthouse.
- Wherever you go doesn't stack up to home.

From Marilyn Best, Bessemer City
- Ladies panties are called drawers or step-ins.
- The knife your daddy carried to church was his Sunday knife, and it was a smaller version of his weekday knife.
- Girls were admonished not to "show your hog," referring to climbing trees and showing their underwear that was made from flour sacks which often had pictures of hogs on them.

From Charlotte Ingle
- You put a piece of sewing thread on a June bug's leg, hold it up above your head and watch it circle around and around.
- Your mom rolled your hair with strips of brown grocery bags or rag scraps.
- You made a kite out of newspapers and skinny pieces of kindling, then made the tail from flour sack strips.
- To make a snowman you wore an old pair of socks with holes in them because you didn't have gloves.

From Melissa C. Hiatt, Mount Airy
- You know what "aggrafretted" means.
- You knew at least one woman in your neighborhood who wore a bonnet at all times.
- You call cicadas "locusts" and have pulled their body shells off of the side of tree trunks.
- Most everybody you knew worked for Reynolds (R. J. Reynolds Tobacco Co.).
- Those who didn't work for Reynolds worked for Hanes.
- You pressed your hand in plaster for a project in Vacation Bible School.
- You have been told to hook the door instead of lock it.
- You have had your picture taken while sitting on the fake horses at Tweetsie Railroad.

continued on p. 28

From Geranium Rivera, Salemburg

- You moved the stob over so the clothesline would be tighter.
- You took the wet hippen off the baby and put a suger-tit in her mouth.
- At a corn shucking you sipped sillybulb.
- During the summer you slept on a pallet on the front porch.
- The linoleum was cold to your feet as you put the dishes in the sink.

From Susan and Shell Davis, Goldsboro

- You know that field peas are not "filled" with anything.
- You holler for the youngins.
- "Me and you is gonna dance" means a bad whuppin is coming.
- You eat peanut butter and banana sandwiches with mayo and sugar.
- Your youngins call for the dog to clean up spilt popcorn on the rug.

From Andrew Lamm, Red Springs

- You know most or all the words to "Dixie."
- You wear your John Deere hat everywhere you go.

From Vicki Cruthis, Trinity

- You have ever been to a rat killing.

Angela Lawson, Greensboro

- Your grandpa or favorite uncle called you by silly, affectionate nicknames like "Sassafras," "Fish Lips," "Frog Legs" and "Stink Weed."
- You know that North Carolina has two state flowers: the dogwood blossom and orange construction barrels.
- You know that Andrew Jackson was born in North Carolina, not South Carolina.
- Saying you're "so ill" usually doesn't mean that you're sick.
- You know what sand gnats are.
- You pick pecans off the ground and eat them.
- You know it's not proper for a woman to wear pants to church.
- You know what "I swanny!" means.
- You have noticed "that boy ain't right."
- You call a stomach bulge a pooch.

From Sarah Johnson, Denver

- You've had a Musterole plaster placed on your chest for a cold.
- You've heard that a turtle will grab your finger and not turn it loose until it thunders.
- You had sweet water for a beverage at Sunday dinner.
- You've had okra stewed in cabbage.

From Rebecca Woodruff White, Lincolnton (formerly of Boonville)

- You used a stump in the woods for your playhouse table, leaves for plates, acorn hulls for cups and sticks for your forks, spoons and knives.
- You know 'shine and brown sugar make the best cough medicine in the world.
- You rolled the tobacco gum off your hands into a ball and saved it all summer, and whoever had the biggest gumball when the tobacco was all cured was the one who had worked the hardest.
- If you had the biggest gumball, you might get an extra nickel.
- You turned tobacco worms wrong-side out with your forefinger to impress the girls.

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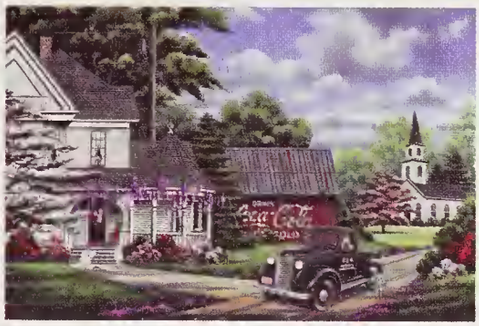

"Peaceful Moments"

"Peaceful Moments," by artist Pamela Renfroe, depicts a graceful setting of yesteryear. In addition to the quaint country church, Coca-Cola sign on the barn, REA truck and the Victorian home, the artist has included people and pets who are close to her heart. Unframed limited edition prints are $75; framed are $190. Unframed giclees on stretched canvas are $250; framed, $360. Company names can be personalized on the door of the truck featured in the prints and giclees for an additional $25. Call (706) 376-5707 or visit www.pamelarenfroe.com

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Whether it's skunk cabbage in late winter, phlox bursting with color in the summer or witch hazel blossoms waiting for the cool fall, the flowers in the North Carolina mountains put on a spectacular show. "Wildflowers of the Blue Ridge and Great Smoky Mountains" features descriptions of each flower, bloom seasons and geographic ranges of growth, along with vivid, full-page color photographs. Also included in many of the 120 flowers profiled: the role the flower has played through history and its folklore and modern medicinal value. Written by Leonard N. Adkins and photographed by Joe Cook. Published by Menasha Ridge Press in Birmingham, AL. Softcover, 265 pages, $19.95. Call (800) 243-0495 or visit www.menasharidge.com

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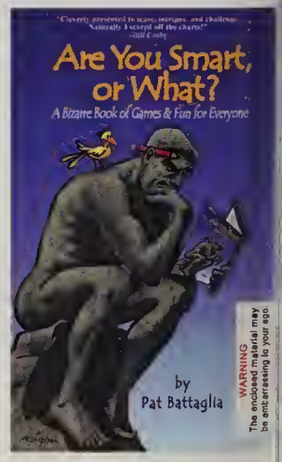
Yesterday Sublime

"Yesterday Sublime" is a nostalgic look at a rural teacher's life in the early 1900s. Full of illustrations and photographs, the author, 95-year-old Edith Wright Brookbank, describes growing up at Kemps Mill, checking rabbit traps, working at science labs at Elon College, eloping at age 21 and working as a teacher and other jobs. As she recalls it, teachers could work up to three months before they got paid during the Great Depression, and life was indeed challenging. The author, a member of Randolph EMC, also shares stories about obtaining her M.Ed. raising her daughter Ann, and vacationing in Cuba. Published by Village Printing in Asheboro. Softcover, 175 pages, $12.95. Call (336) 629-1107. The book can also be purchased at Faith Book Nook and Weston's Feed in Asheboro, and Cox's Grocery near Asheboro.

The Ghost on Number 2

Fictional Tom Wolters, drug company executive, is facing a perilous midlife crisis. Struggling to raise two teenage sons without a wife and losing interest in his work, his only motivation appears to be golf. He returns to his hometown during a business/golfing trip, and is eerily confronted by the ghost of his grandmother. His late grandmother, one of the premier golfers in her day, tries to coach Tom back into being positive about life. In a series of occurrences, sometimes dreams, and sometimes during drunken escapades, the ghost whacks her misguided grandson with wit and wisdom as he faces his personal conflicts on and off the golf course. Author Richard J. Domann lives in Cary. Softcover, 308 pages, $12.25. Call (888) 280-7715 or visit www.authorhouse.com

"Are You Smart or What?"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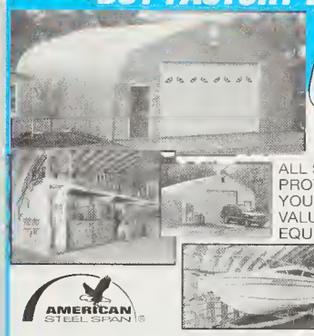

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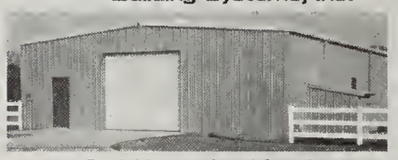

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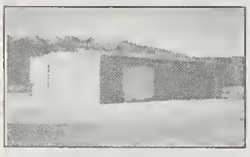

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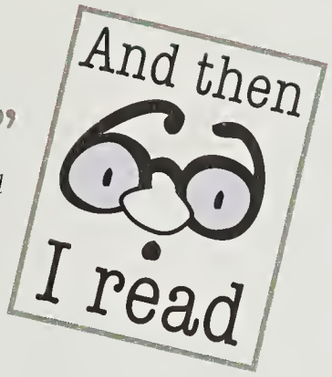

Oh, Kay!

For answers, please turn to page 34.

And the winner is . . .

James Laney of Kittrell, a member of Wake EMC, is the winner of a Balanced Spectrum lamp for solving the puzzle, SOLVE THIS ONE!, which appeared in the March 2005 issue of Carolina Country. (The Balanced Spectrum lamp and two bulbs come from firstStreet, one of Carolina Country's advertisers.) His entry was chosen at random by computer from among 411 correct entries submitted.

The correct answer is: S+O+L+V+E+T+H+I+S+O+N+E
2+4+1+3+9+6+5+8+2+4+7+9=60

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—WARD—WARY—PRAY—

To get a RABBIT out of this TOPHAT you must change one letter in each step to spell a new word. Letters can be rearranged in any step.

TOPHAT

_ _ R _ _ _	craw
_ _ _ E _ _	menace
_ _ _ _ _ S	medicates
_ _ _ I _ _	attributes
_ _ _ _ L _	paths
_ _ _ B _ _	like a clan

RABBIT

MATH WIRDZ

Letters have been substituted for digits in this division problem. Given H=3, can you replace the missing digits to BIRTH and MOTHER in time for Mother's Day?

```
        B  I  R  T  H
                    3
   ---------------------
D | M  O  T  H  E  R
          3
    M  O
   ------
          T
          E
          -
       M  H
          3
       M  D
       -----
             M  E
             -----
          M  E
          ----
                R
                -
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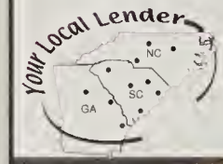

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Saturdays, Marion
(828) 652-6216
www.uniquegalleriesNC.com

Old Fort Mountain Music
Fridays, Old Fort
(888) 233-6111

Merlefest
Through May 2, Wilkesboro
(336) 838-6423
www.merlefest.org

Piedmont Chamber Singers
May 3, West Jefferson
(336) 846-2787

Sones de Mexico Ensemble
May 5, Columbus
(828) 859-8300

The Wolfe Brothers
May 6, Pilot Mountain
(336) 368-7111
www.sawbriar.com

Golf Classic
May 6, Linville
(828) 898-5605
www.averycounty.com

Farmers Market
May 7, Boone
(828) 264-2008
http://wataugacountyfarmersmarket.org

Backstreet Bluegrass
May 7, Pilot Mountain
(336) 368-7111
www.sawbriar.com

Canoe Trip
May 7, 14 & 28, Rosman
(828) 877-3106
www.headwatersoutfitters.com

Spring Festival
May 7, Murphy
(828) 837-6821

Grandfather Mountain Wildflower Day
May 7, Linville
(800) 468-7325
www.grandfather.com

Olde Tyme Music Festival
May 7–8, Hendersonville
(828) 697-2022
www.dhinc.org

Arts Festival
May 13–15, Black Mountain
(828) 686-8742
www.theLEAF.com

Steven King Jazz Guitarist
May 13, Pilot Mountain
(336) 368-7111
www.sawbriar.com

Singing Convention
May 14, Marion
(828) 738-4934

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May 14, Pilot Mountain
(336) 368-7111
www.sawbriar.com

Grandfather Mountain Bird Day
May 14, Linville
(800) 468-7325
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May 15, Flat Rock
(828) 693-0731
www.flatrockplayhouse.org

"Lend Me a Tenor"
May 18–June 4, Flat Rock
(828) 693-0731
www.flatrockplayhouse.org

Arlington Preist Acoustic Duo
May 20, Pilot Mountain
(336) 368-7111
www.sawbriar.com

"The Dining Room"
May 20–22 & 29-31, Hayesville
(828) 389-8632
www.licklogplayers.org

Altapass Day
May 21, Little Switzerland
(888) 765-9531

Blair Farm Art & Antiques
May 21, Boone
(828) 758-5520
www.wishfulthinkingstudio.com

Grandfather Mountain Geology
May 21, Linville
(828) 733-2013
www.grandfather.com

Everybody Fields Concert
May 27, Pilot Mountain
(336) 368-7111
www.sawbriar.com

Ottis Cook Music Park
May 27–28, Polkville
(828) 245-5339
www.gvcmusic.com

Walk to the Wetlands
May 28, Sliding Rock
(828) 877-3130
www.cradleofforestry.org

Garden Jubilee
May 28–29, Hendersonville
(828) 693-9708
www.historichendersonville.org

PIEDMONT

Sky over Gastonia
Weekends, Gastonia
(704) 866-6900
www.schielemuseum.org

Bluegrass Music Festival
May 5–7, Denton
(336) 859-2755
www.threshers.com/farmpark/bluegrass

Spring Folly
May 6–8, Kernersville
(336) 993-4521
www.kernersvillenc.com

Sandy Ridge Old-Time Exhibition
May 6–7, Colfax
(336) 996-7435

Multi-Cultural Festival
May 7, Lexington
(336) 248-3960

Spring Sing
May 7, Lexington
(336) 249-0025

Farmers Market
Saturdays, May 7–Sept. 24,
Mint Hill, (704) 545-3999
www.minthillhistory.com

continued on page 36

Civil War Soldiers
May 7–8, Huntersville
(704) 875-2312
www.lattaplantation.org

NC State Checker Tournament
May 12–14, Greensboro
(336) 292-2020

Antique Tractor Show & Pull
May 13–15, Oakboro
(704) 485-4906
www.hinsonauction.com

Checker Tournament
May 13–15, Kinston
(252) 527-8773

Youth Tap Ensemble
May 14, Salisbury
(704) 633-1474
www.rccamusic.com

The Raleigh Ringers
May 14, Winston-Salem
(336) 723-6320, ext. 201
www.rr.org

Kids Trail Ride
May 14, Scotland Neck
(252) 537-6251

Old Time Fiddler's & Bluegrass
May 14, Mocksville
(336) 284-4167
www.cooleemeecivitans.org

Patriots Day & Militia Muster
May 14–15, Burlington
(336) 227-4785

Goathouse Gallery & Gardens Show
May 14–22, Pittsboro
(919) 542-6815
www.siglindascarpa.com

Curtis Stigers Jazz Trio
May 17, Winston-Salem
(336) 723-6320
www.curtisstigers.com

Country Roads Bike Tour
May 20–21, Scotland Neck
(252) 826-3152
www.townofscotlandneck.com

Morgan Horse Show
May 25–28, Raleigh
(919) 847-4837
www.vacarmorgans.com

Held April 28–May 2 in Wilkesboro, the Merlefest music festival offers traditional, bluegrass, folk, gospel, blues, Cajun, old-time, jazz and more. Call (336) 838-6423 or visit www.merlefest.org. Pictured above is Alison Brown who performed in 2004.

Alive After Five
May 26, Lexington
(336) 248-5929

BBQ Festival
May 27–28, Hickory
(828) 345-1445
www.greaterhickorysmoke.com

Fiddler's Grove Festival
May 27–29, Union Grove
(704) 545-3437
www.fiddlersgrove.com

Living History Day
May 28, Huntersville
(704) 875-2312
www.lattaplantation.org

Snowbirds Aerial Demo
May 28–29, Fayetteville
(910) 483-5311
www.visitfayettevillenc.com

COAST

Art Inspired by Music
May 1–June 30, Morehead City
(252) 726-7550
www.cagallery.net

Airlie Arts Festival
May 6–8, Wilmington
(910) 798-7700
www.airliearts.org

Cherry Point Air Show
May 6–8, Havelock
(866) WINGS-NC
www.cherrypointairshow.com

Fantail Film Festival
May 6, 13, 20 & 27, Wilmington
(910) 251-5797
www.battleshipnc.com

Sport Aviation
May 12–15, Lumberton
(863) 529-7501
www.MidAtlanticFlyIn.com

Spring Wings
May 12–15, Outer Banks
(252) 441-8144
www.wingsoverwater.org

Rockin' RibFest
May 13–15, Union Grove
(704) 883-9814
www.DoveHouseRibFest.com

Eve Cornelius & Chip Crawford Trio
May 14, Oriental
(252) 249-3362
www.pamlicomusic.org

Pork-Fest
May 14, Murfreesboro
(252) 398-5653

300 Tractor Pull
May 20–21, Pinetops
(252) 827-4436
www.pinetops.com

Seafood Festival
May 20–21, Engelhard
(252) 925-4150

Singin' in the Field
May 21, Mill Creek
(252) 247-2824

Fossil Festival
May 28, Aurora
(252) 322-4384

A Soldiers Healing Field
May 28–30, Wilmington
(910) 791-1557
www.healingfield.org/wilmington

125th Birthday Celebration
May 29, Aurora
(252) 322-4384

Blueberry Festival
June 4, Ammon
(910) 588-4592

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Or Submit Listings by Mail, Fax or E-Mail: Include title, date(s), location, phone number and/or Web site url. Photos (300 dpi or hard copies) are welcome.

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Through Oct. 31, Asheville
Smith-McDowell House
(828) 253-9231
www.wnchistory.org

Bearfootin'
Through Oct. 22,
Hendersonville
(828) 697-2022
www.dhinc.org

PIEDMONT

Magic Wings Butterfly House
Ongoing, Durham
Museum of Life and Science
(919) 220-5429
www.ncmls.org

Catawba Indian Village
Ongoing, Gastonia
Schiele Museum
of Natural History
(704) 866-6908
www.schielemuseum.org

Vanguard Collecting
Through Aug. 21,
Winston-Salem
Early Reynolda
House collection
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www.reynoldahouse.org

Back to the 60's
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Granville County Museum
(919) 693-9706

Treasures Unearthed:
NC's Gems & Minerals
Through June 12, Raleigh
N.C. Museum of Natural
Sciences, (919) 733-7450
www.naturalsciences.org

Porcelain American Style
Through June 26, Charlotte
Mint Museum of Art
(704) 337-2000
www.mintmuseum.org

"Within Our Walls"
Through Nov. 1, Charlotte
(704) 373-1464
www.lassitergallery.com/art/art_04.htm

Murano: Glass
from Spanu Collection
Through August 21, Charlotte
Mint Museum of Craft &
Design, (704) 337-2009
nrider@mintmuseum.org

COAST

Artifacts and Art
Ongoing, Hatteras Island
Frisco Native
American Museum
(252) 995-4440
www.nativeamericanmuseum.org

Contemporary Quilts
Through May 15, Wilmington
Louise Wells Cameron
Art Museum
(910) 395-5999
www.cameronartmuseum.com

History, Arts & Fun
May 1–31, Roanoke Island
(252) 475-1506
www.roanokeisland.com

Mollie Fearing Art Show
May 2–27, Roanoke Island
(252) 475-1500
www.roanokeisland.com

"Faces of North Carolina"
Through June, Morehead City
(252) 726-7550
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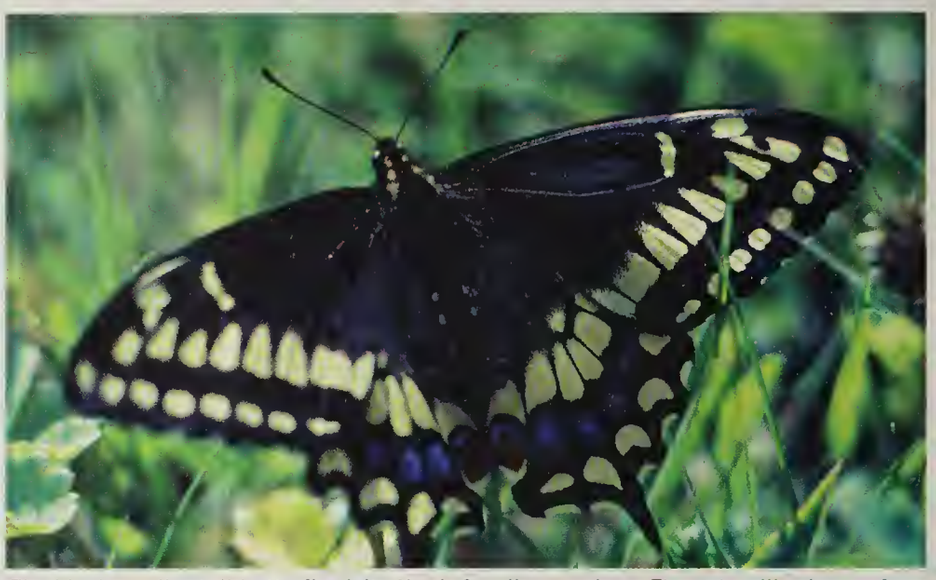
By Carla Burgess

A garden with wings

Gardening for birds and butterflies is fun and easy. Choose a wide selection of flowers and you'll appeal to a broader range of palates—and add more variety to your wildlife watching.

Butterflies and hummingbirds are nectar fanatics. In particular, butterflies are sun worshippers. They depend entirely on solar energy to warm their bodies for flight. So set out your butterfly buffet in a sunny bed. Good annual flowers include zinnias and marigolds, which are easy to grow from seed, and lantanas (a tender annual in most of North Carolina). Such native perennials as purple coneflowers, black-eyed Susans, phlox, verbenas and bee balm are premium butterfly flowers, and as a bonus are no-fuss. Butterfly bush is a long-blooming, drought-tolerant perennial shrub that is a butterfly magnet. Some of the best nectar producers are wildflowers with reputations as weeds. Milkweed and Joe-pye weed even have the dreaded description in their names. But if you can find a spot for them, you'll be rolling out the butterfly welcome mat.



The black swallowtail butterfly visits North Carolina gardens. The caterpillar larvae favor plants in the carrot family—parsley, fennel, dill and Queen Anne's lace. Adults go for nectar from flowers such as red clover, milkweed and thistles.

When watching butterflies, notice how they prefer certain flower shapes. For example, they can most easily perch and rest on flowers with multiple florets or broad petals for landing pads.

Plants offer more than just sweet nectar. The foliage of some plants is food for butterfly larvae (caterpillars). By adding these "host" plants, you cater to the entire life cycle and can witness a marvel of nature. The monarch butterfly caterpillar feeds exclusively on the leaves of milkweed, gorging until it is mature enough to pupate as a beautiful, jade-green chrysalis. Milkweeds such as butterflyweed and swamp milkweed are available in the nursery trade.

Hummingbirds are the darlings of the yard in summer. While feeders are easy to fill and maintain, it's also fascinating to observe the feeding behavior around homegrown nectar plants. Planting plenty of hummingbird favorites won't preclude the tiny birds from visiting feeders. Salvias are irresistible to hummers: Try pineapple sage, which has red blooms in early fall, and black-and-blue salvia, with flowers of rich dark-blue throughout summer.

An ideal native hummingbird plant is cardinal flower, a lobelia that flourishes in moist soil in shade or sun and is easily grown statewide. Coral honeysuckle is another outstanding native for hummingbirds. It grows politely, compared to the invasive Japanese honeysuckle.

The goldfinch is another beautiful, easy-to-attract bird—providing bursts of vivid yellow in the garden. Refrain from deadheading some of your purple coneflowers, and you'll tempt goldfinches to visit the porcupine-like seed cones. Goldfinches also love the seeds of Verbena bonariensis, known as verbena-on-a-stick. This tall, airy plant has small lavender flowers, blooms throughout the summer, and reseeds prolifically.

Avoid pesticides in the butterfly and bird garden. Choose plants for every season of bloom to enjoy butterflies and hummingbirds from spring through fall.

May Tips

- Keep small clematis plants in pots for the first year, either above ground or buried to give young roots a cozier place to start. Prune new transplants to the lowest pair of strong buds.
- You don't have to step on a rusty nail to get tetanus. Tetanus bacteria lurk in garden soil—all it takes is a cut, scrape or splinter to invite infection. It's easy to avoid this potentially deadly disease: Make sure you are vaccinated at least every 10 years.

Electric lawn care

Electric push mowers are a welcome, recent addition to the home garden. They're less messy than gas mowers and start at the flip of a switch. You can adjust the blade height with a single movement. Electric mowers are low-maintenance (just sharpen the blades). Bagging and mulching functions are available. These mowers are inexpensive to operate ($3–$6 a year) and environmentally friendly. It's estimated that running a typical gas push mower for an hour puts out as much noxious emissions as a car driven 50 miles. With my corded model, I easily maintain a ⅛-acre yard within reach of a 100-foot extension cord, and it's as quiet as my vacuum cleaner. Cordless models are powered by a rechargeable battery and may mow up to ⅓-acre on a single charge. They are more expensive, up to $450 compared to the corded mowers, which average $200. Electric mowers are poorer than gas ones at tackling tall grass and weeds. Mow frequently.

Carla Burgess' roots as a gardener are in Duplin County. She can be reached at ncgardenshare@mindspring.com

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For more May gardening advice, go to the "Carolina Gardens" section of www.carolinacountry.com

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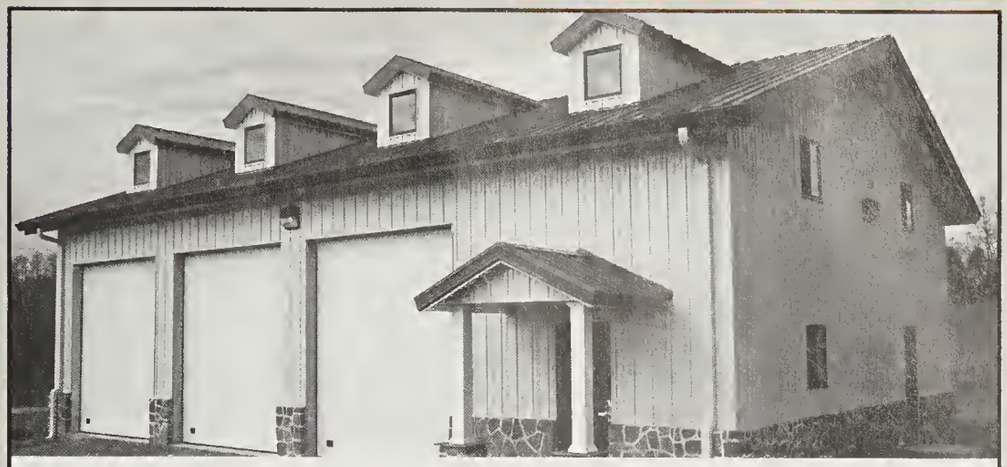

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Consider tank warranty when choosing a water heater

By James Dulley

The life of a water heater depends on many factors, including water conditions in your area, how well you maintain your water heater and its initial quality.

There are some new conventional metal tank-type electric water heaters with lifetime warranties against the water tank rusting out and leaking. Other designs use an all-polymer (plastic) design, which cannot rust out and leak. They have a lifetime no-leak warranty.

When purchasing an electric water heater you should consider the tank warranty. The least expensive models will typically offer a six-year warranty, but will likely last longer. More expensive, top-of-the-line models often offer a 10- or 12-year warranty.

All-polymer water heaters are not only leak proof, but also one of the most energy efficient. The inner tank is designed in a test tube shape with a domed top and bottom. The outer shell of the water heater is made of tough polyethylene, similar to a garbage can. The wide gap between the tank and shell is filled with thick foam insulation. With the test tube shape, there is extra insulation thickness at the top where the water is hottest.

An electric water heater, unlike a gas model, is a very simple device. Nearly all of the electricity is used by the two heating elements heating the water in the tank. The difference in the efficiency levels (and operating costs) among various models depends primarily upon the amount of tank insulation.

Most new water heaters use foam insulation around the water tank. In the most efficient models, a minimum of three inches of insulation is used. The insulation is foamed in place so all the gaps between the tank and the outer skin are completely filled.

An easy way to compare the operating costs is to compare their EF (energy factors). EF's range from about .80 to .96. For an average family, installing a model with the highest EF can save up to $100 annually as compared to your old model. Look for the yellow Energy Guide labels to help you determine the savings.

If your family uses hot water mainly for morning showers and at night, select a water heater with a built-in timer. You can adjust it to shut off the heating elements at certain hours of the day and night when hot water is not needed. This feature can reduce operating costs by up to 15 percent.

Another option is an adjustable control with four different settings. There is a standard single-temperature setting similar to all electric water heaters. A second setting is a no-scald mode. This limits the water temperature and is ideal with children and the elderly. A third setting is an automatic energy-saver mode. The water heater remembers your hot water usage patterns and adjusts the heating accordingly. The fourth setting is a vacation mode, which can drop the temperature to 50 degrees.

The hot water output from a water heater is indicated by its FHR (first hour rating). This is the number of gallons of hot water it can supply in one hour in the morning. This is a function of how large (in gallons) the tank is and how much additional water the elements can heat in one hour.

© 2005 by James Dulley, a syndicated columnist for the National Rural Electric Cooperative Association.

Write for (instantly download—www.dulley.com) Utility Bills Update No. 647—buyer's guide of 12 manufacturers (55 models) of efficient electric water heaters listing water outputs, EF's, warranties, features, and a savings/payback chart. Please include $3.00 and a business-size SASE.

Send to:

James Dulley
Carolina Country
6906 Royalgreen Dr.
Cincinnati, OH 45244

recipes editor, **Jenny Lloyd**

Strawberry Cheesecake Torte

- 1 package (16 ounces) one-step angel food cake mix
- 1 tablespoon confectioners' sugar
- 1 package (⅓ ounce) sugar-free strawberry gelatin
- ½ cup boiling water
- ¼ cup seedless strawberry jam
- 1 package (8 ounces) reduced-fat cream cheese, cubed
- ⅓ cup fat-free milk
- 2 tablespoons lemon juice
- 3 cups reduced-fat whipped topping
- 1 package (3.4 ounces) instant cheesecake or vanilla pudding mix
- 1 cup sliced fresh strawberries
- 1 kiwifruit, peeled, halved and sliced
- 1½ teaspoons grated lemon peel

Line a 15-by-10-by-1-inch baking pan with ungreased parchment paper. Prepare cake mix according to package directions. Spread batter evenly in prepared pan. Bake at 350 degrees for 24–26 minutes or until top is lightly browned. Sprinkle sugar over a waxed paper-lined baking sheet. Immediately invert cake onto baking sheet. Gently peel off parchment paper; cool completely. Dissolve gelatin in boiling water. Stir in jam until melted. With a fork, poke cake at ½ inch intervals. Brush with gelatin mixture; chill for 10 minutes. In a bowl, beat cream cheese, milk and lemon juice. Add whipped topping and pudding mix; whisk well. Reserve 1 cup. Place remaining pudding mixture in a pastry bag with a large star tip. Trim edges of cake. Cut width-wise into 3 equal rectangles; place one on serving plate. Spread ½ cup reserved pudding mixture in center. Pipe pudding mixture around top edge of cake. Repeat with second cake layer. Top with remaining cake layer. Pipe pudding mixture along top edges. Fill center with fruit. Sprinkle with lemon peel. Store in refrigerator.

Yield: 12 servings.

Super Strawberry Shortcake

- 1 quart fresh strawberries, sliced
- 1–2 tablespoons sugar

Shortcake:

- 1¾ cups all-purpose flour
- 2 tablespoons sugar
- 1 teaspoon baking powder
- ½ teaspoon baking soda
- ½ teaspoon salt
- ¼ cup cold butter
- 1 egg
- ¾ cup sour cream

Topping:

- 1 cup heavy whipping cream
- 1–2 tablespoons sugar
- 1 teaspoon vanilla extract

In a large bowl, combine the strawberries and sugar; set aside. For shortcake, combine the flour, sugar, baking powder, baking soda and salt in another large bowl; cut in butter until mixture resembles coarse crumbs. In a small bowl, beat egg; add sour cream. Stir into the crumb mixture just until moistened. Turn onto a floured surface; knead 25 times or until smooth. Roll out into a 7½-inch circle. Cut a 2-inch hole in center to form a ring. Place on a lightly greased baking sheet. Bake at 425 degrees for 12–14 minutes or until golden brown. Remove to wire racks to cool.

For topping, beat cream in a chilled small mixing bowl until it begins to thicken. Add sugar and vanilla; beat until stiff peaks form.

Just before serving, split shortcake into two horizontal layers. Spoon juice from berries over bottom layer. Spoon half of berries over juice. Spread half the topping over berries. Add the top cake layer, remaining topping and berries. Cut into wedges.

Yield: 8 servings.

Strawberry Satin Pie

- 1 pastry shell (9 inches), baked
- ½ cup sliced almonds, toasted
- ½ cup sugar
- 3 tablespoons all-purpose flour
- 3 tablespoons cornstarch
- ½ teaspoon salt
- 2 cups milk
- 1 egg, lightly beaten
- 1 teaspoon vanilla extract
- ½ cup whipping cream, whipped

Glaze:

- 3 cups fresh strawberries
- 1 cup water
- ⅓ cup sugar
- 2 tablespoons cornstarch
- 12 drops red food coloring, optional

Cover bottom of pie shell with almonds; set aside. In a saucepan, combine the sugar, flour, cornstarch and salt. Stir in milk until smooth. Bring to a boil; cook and stir for 2 minutes or until thickened. Remove from the heat. Stir a small amount of hot filling into egg. Return all to the pan, stirring constantly. Bring to a gentle boil; cook and stir 2 minutes longer. Remove from the heat. Stir in vanilla. Cool to room temperature. Whisk in whipped cream until blended. Pour into pie shell. Cover and refrigerate for at least 2 hours.

Crush 1 cup strawberries; set remaining berries aside. In a saucepan, bring crushed berries and water to a boil; cook, uncovered, for 2 minutes. Strain through cheesecloth; discard fruit and set liquid aside to cool.

In another saucepan, combine sugar and cornstarch; gradually stir in berry liquid until blended. Bring to a boil; cook and stir for 2 minutes or until thickened. Stir in food coloring if desired. Cool for 20 minutes. Slice the reserved strawberries; arrange over chilled filling. Pour glaze evenly over berries. Refrigerate for at least 1 hour before serving.

Yield: 6-8 servings.

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